

**AN EXTREMELY THOROUGH,
EXHAUSTIVE AND ACCURATE GUIDE
TO
SUCCESSFUL PRACTICE OF
HOMOEOPATHY**

**BOOK 1 — Explanation of Section 213 and 153
of the *Organon***

PREFACE

I started my career as a freelance medical journalist. Forty-two years ago, while in New Delhi, when I entered the scene of homoeopathy I noticed one striking thing—while one homoeopath cured most of his patients with one single dose (even obstinate chronic cases), another was giving more than one remedy that too repeatedly, with partial or nil relief. Thus, my journey started to fill this gap of knowledge among homoeopaths.

I started studying and practising homoeopathy out of sheer academic interest and after forty-two years of continuous and rigorous study and search got the inspiration to write this book. If the reader keeps this in mind, he would evince much interest in what I am going to write in the following pages.

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August 22, 2013

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[*Note: This book is being sent free of cost
to homoeopaths all over the world.*]

HOW TO MAKE HOMOEOPATHY MORE POPULAR AND ACCEPTABLE? Of late, there has been repeated hue and cry from homoeopaths against governments and others for not giving due recognition to homoeopathy. The remedy lies not outside but inside—among homoeopaths. If we improve the quality of our practice, government and others (including allopaths) would automatically come forward not only to recognise but also admire us. This work is an attempt to this end.

The following are from Kent's LESSER WRITINGS:

“It is very rarely the case that among the provings of our remedies not one is to be found which corresponds to the characteristic features of a case”[†]

“Homoeopathy is slow to win its way because of defective use of books as well as because of defective books.”

The following books alone are the most useful reference books in day-to-day practice and they are without defects.

1. Samuel Lilienthal's *HOMOEOPATHIC THERAPEUTICS* (Hereinafter called 'Lilienthal')
2. FINAL REPERTORY OF 'MIND' SYMPTOMS AND 'GENERAL' SYMPTOMS compiled by Dr. V. Krishnaamurthy (Rs.250)
3. *WILKINSON'S MATERIA MEDICA* (Rs.750)
4. Boericke's *MATERIA MEDICA*
5. W. A. Yingling's *THE ACCOUCHEUR'S EMERGENCY MANUAL*
6. *REPERTORY* by Dr. Calvin B. Knerr

[†]I have to mention this because provings of new remedies are being published in journals and elsewhere as if we lack remedies in the existing materia medicas.

CHAPTER - I

RANDOM NOTES ON PRACTICE

1. What is the remedy to be given (just one single dose) to a pregnant woman, when the foetus (baby in uterus) stops growing?
2. During epidemic encephalitis (brain fever, *e. g.*, in Ariyalur, Tamil Nadu) what remedy would you use as prophylactic (preventive)?
3. All the children born to a woman are syphilitic by birth. What remedy in one single dose you would give her to prevent syphilis in the subsequent babies?
4. What is the remedy to be taken once in a month by *all* practising homoeopaths? (Just because no homoeopath has been taking this regularly, homoeopathy is not becoming popular.) Also, please note that this remedy must first be given to your doctor-patient *i. e.*, any homoeopath coming to you for treatment and also to a patient who has gone to many homoeopaths.
5. Name the two authors who had written biography of Dr. Samuel Hahnemann.
6. Doctors say that an expectant mother is too weak to develop normal pains; moreover, she is anaemic and so caesarean alone is the solution. What is the only one remedy that will cure her anaemia, remove weakness and thus cause normal child birth? (The answer is neither *Pulsatilla* nor *Caulophyllum* as told by the majority of homoeopaths.)
7. What is the chief or first remedy that you would think of for haemophilia?

8. In homoeopathy what is the meaning of 'scrofula' or 'scrofulosis' and 'cachexia'?
9. What is the remedy for jaundice after blood transfusion?
10. In respect of the symptom 'haemorrhage' differentiate between the two remedies *Phosphorus* and *Hamamelis*.
11. Name the remedy for (a) violent blow on single part of the body; (b) after a person falls rolling down from a speeding train or bus; (c) falling from height (second or third floor or from a tall tree) with bleeding; (d) falling down while trying to climb a running jeep from behind?
12. Under what rubric in the repertory would you search remedies for a patient with chronic tonsillitis?
13. What is the name of the reference book (and the name of its author) you would use for complaints of pregnant women occurring directly before, during or after childbirth or abortion?
14. A lady of twenty-eight had attempted to commit suicide (by swallowing kerosene or sleeping pills) and somehow she recovered. What is the remedy for her so that she may not repeat it in future?
15. What is the remedy for 'ghost pain'?
16. A patient had fracture of tibia bone and though it healed, he was having pain with oozing etc., at the wounded place. One single dose of a remedy cured him. What is the remedy?
17. A patient was having vision problem. Went to an eye specialist and got spectacles. After a few days that glass did not suit. Had to change his specs. Like this it happened 5-6 times. He was having half-a-dozen spectacles and whatever suits for the day he would wear it for that day. One single dose cured him. Name the remedy.

18. A patient complains of pain in spot in many places. If you draw a line connecting all these painful spots it is a straight vertical line. E.g., pain in right temple, right side of chest, right side of lower abdomen. Can you name the remedy please?

[For answers *see* page 41]

CHAPTER - II

SCOPE AND LIMITATIONS OF HOMOEOPATHIC SOFTWARES?

A practitioner would be doing a great blunder if he thinks that he can find the remedy for all his patients with the repertory or software. Most of those using software are under the illusion that once the homoeo software is installed, they can be damn sure of selecting the remedy for their patients. To remove this illusion the following is being written.

The practitioner searches in the software for ‘diabetes’ and he gets some results. But, at the same time, he would be missing many remedies for diabetes. This is because in some places of materia medicas for ‘diabetes’ the terms ‘glycosuria’ or ‘sugar in urine’ is used.

Before programming the materia medica they must either change all the words ‘glycosuria’ as ‘diabetes’ or give ‘diabetes’ within brackets after all the words ‘glycosuria.’

Because of either ignorance or arrogance the homoeo software programmers are not listening to these observations.

Again a doctor may search for ‘liver’ but in many places we find equivalent terms ‘hepatic affections’ ‘bilious’ etc. are used for liver affections and the list goes on.

Therefore, the alternative terms must also be included in the materia medicas such as the following terms:

- old age, aged persons
- glycosuria, diabetes, diabetes mellitus
- kidney, renal, nephritis, and so on and so forth.

Moreover, finding the remedy—the similimum for a patient is not a mechanical job; it is *artistic*.

Also, certain syndrome (group of symptoms) cannot be classified under any rubric in the repertory or software and so a homoeopath must necessarily learn by rote[†] such symptoms! Example cases are given in the next pages.

CHAPTER - III

‘RARE-STRANGE-PECULIAR-UNCOMMON’ SYMPTOMS (Section 153 of the *Organon*)

The most misunderstood topics in homoeopathy are ‘*mind symptoms*’(section 213 of the *Organon*) and ‘*uncommon-rare-strange-peculiar-symptoms*’(Section 153.) When Section 213 is read with section 153 we can conclude that we should take only those mind symptoms which we have never heard before normally/commonly/usually in any patient.

CASE 1: Mr. N. 57 years reported: “Doctor, daily morning I get headache; in the afternoon, after lunch I have distension of abdomen, gastric troubles. In the night I get terrible pain in the leg...”

[†]rote - mechanical or habitual repetition (Oxford)

Repertory is of no use in this case. The case is very simple. His symptom is to be classified as follows: “*Aggravation of head symptoms in the morning; abdomen in the afternoon and legs in the night*”

Under the remedy *Ammonium mur.* (Boericke’s *Mat. Med.*) the following is specified:

Its periods of aggravations are peculiarly divided as to the bodily region affected; thus the head and chest symptoms are worse mornings, the abdominal in the afternoon, the pains in the limbs, the skin and febrile symptoms, in the evenings.

CASE 2: A patient consulted me for constipation. Laxatives and purgatives were said to be of no use. He further said that for several years he had been taking daily anticonvulsant drug for epilepsy and if he stops it, he would get convulsions.

The symptom under the remedy *Opium* (in Wilkinson’s *Materia Medica*) agrees with this case:

“...Increased irritability and action in voluntary muscles, with diminution of it in involuntary muscles...”

When the intestine is full with faeces, urging is not felt (involuntary muscles.) In the instant case these muscles are not functioning. Movement of limbs is controlled by voluntary muscles and he gets convulsions in them (increased irritability and action).

Opium-10M one single dose cured his constipation and he was asked to stop anticonvulsant drugs; he did so and to his surprise convulsions did not appear.

CASE 3: A patient showed his right leg with ulcer. He got injury a few months earlier but so far it did not heal in spite

of best medical treatment. After a pause, the patient continued, “Doctor, ever since the accident I feel numbness in my right upper arm and I am unable to use it freely. Has this non-healing of wound in my leg anything to do with numbness in my arm? But my arm was not hurt in the accident.”

We say that homoeopathy is a system of medicine where the patient tells or indicates the remedy to us. In Wilkinson’s *Materia Medica* the following sentence under the remedy *Pulsatilla* agrees with this case:

*... depression of vital power on one side
and increased irritability on the other...*

Pulsatilla-10M, one single dose, cured both the ulcer on the leg and numbness in the arm.

CHAPTER - IV

‘MIND SYMPTOMS’

The following actual cases cured by the author will illustrate this point for a clear and accurate meaning of ‘mind symptoms’ in a matter-of-fact way.

CASE 4: A renal failure patient under dialysis and waiting for kidney transplant, was under our treatment. We could not find his remedy.

There is no guarantee for kidney transplant, because after a few years, many patients die because the donor kidney stops functioning. After transplant he was heard saying, “Now I feel as if I am released from prison . . . as if I have taken a rebirth.” This he said because he is now freed from torturing and exhausting bi-weekly dialysis, taking rest, body becoming weak etc.

This mental picture of the patient should at once bring to our mind the following words:

...desire to be released from what seems to be a perpetual burden of sorrow... (See p. 111 in the Final Mat. Medica of Mind Symptoms by the author)

We are going to give *Ignatia* to him and we are confident that his other kidney would start functioning and even if the donor kidney fails he would live long.

CASE 5: A patient with weeping eczema etc., came to me and said, “Doctor, I am not taking the treatment to live long. But I have an aged daughter to be married and a son who is looking out for a job. Who would come forward to marry my daughter, if I have a weeping eczema? Only because of that, I want to get cured. Before I die, I want to settle things in my family; my daughter getting married and son getting a job. Then I can die peacefully.”

Under the homoeopathic remedy *Petroleum* (Boericke’s *Materia Medica*) we find the following:

Feels that death is near, and must hurry to settle affairs.

Now, this sentence fits in approximately with the remarks made by the above eczema patient. This remedy was given in single dose and it cured him completely.

CASE 6: A peptic ulcer patient’s condition worsened day by day and allopathic antacids were giving only temporary relief. At the height of his suffering (hunger pain with burning sensation in the food pipe, temporarily relieved by eating) he was heard saying, “I think that my end is approaching; I must call the lawyer to write the will; that this hotel of mine should go to my wife; money deposited in the bank is for my son. My

widowed sister who has been living with me for several years and helping me should take the house which I bought recently.”

This mind picture fits with the remarks made by the patient in case No.5 above. One single dose of Petroleum-10M cured this patient as well. We do not prescribe on names of disease or pathology but on ‘uncommon’ symptoms having no connection with pathology.

The above cases 5 and 6 would show the reader that

- (a) one and the same remedy may be called for in different persons with different diseases; also,
- (b) different persons suffering from one and the same disease may need different remedies.

CASE 7: A seventy year old carpenter was under my treatment for skin complaint and he was improving. I ask my chronic disease patients to come once a month. During one of his visits he was accompanied by his 48-year old son. The latter was coughing with chest congestion etc. The carpenter told his son; “Why don’t you also take treatment from this doctor. See how much I have improved, whereas the other seven doctors to whom I consulted earlier could not do anything in my case.”

To this, the son said: “The new house where I shifted has no *raasi*.”[†] (‘Raasi’ in Tamil means luck). In other words the person feels that everything was going wrong ever since he

[†]A professor was having a two wheeler. After ten years it was no more useful, also the vehicle was outdated and could not be used because spare parts were not available and so it was to be condemned. He bought a car and also very good latest Japanese two-wheeler. But he was not ready to dispose of the ten-year old two wheeler. He said, “Everything went well and I got prosperity only after buying that vehicle. So I won’t part with it.”

started living in a particular house. So, that house has no raasi. Or, a person feels that ever since he bought and started using his car, nothing went right. He attributes his sufferings, failures, difficulties etc. to that vehicle. I hope the reader would understand this. The son continued, “Even the new work place where I am going daily is not raasi (or has no good luck.)”

The other word to describe ‘raasi’ would be ‘sentimental’ ‘luck’. The carpenter’s son was not ready to take treatment from me only because he felt that the house and the work place is the cause of his respiratory complaints.

I gave him one dose of a remedy telling him to take that and he need not pay me any fees. He took it. (Later I learnt that he was completely cured.).

Can any homoeopath tell me what remedy I gave the patient?

MIND Symptoms: Superiority of Lilienthal:

Read the remedy *Staphisagria* in the chapter *Melancholia* in Lilienthal. (page 701.) There we find the following:

Inwardly gnawing grief and anger, he looks at everything from the darkest side . . . disinclination to work and think; dread of the future and dread of being constantly pursued . . . a sorrowfulness ending in paralysis of the intellect . . .

The enthusiastic reader would be eager to know how I selected this remedy for the above case.

- (a) Reproaches others (blamming the house and work place.)
- (b) Sentimental.

I write down the remedies common to both the above rubrics (Kent's Repertory) and read them in the chapter *Melancholia* in Lilienthal. *Staphisagria* suited the symptoms of the case.

CASE 8: A lady of forty-two came with a large calculus in her urinary bladder. She said that allopathic doctors advised surgery as the only answer but she declined to undergo it. She continued that she had already undergone two caesarean sections and one appendicectomy; after each one of these surgeries, her general health ran down. Therefore she cannot afford deterioration of health any further with another surgery and that she must safeguard her health for the remaining period of her life. Under the remedy *Nux vomica* (p. 128 in the *Final Mat. Medica of Mind Symptoms* by the author) we find the following:

Afraid she may not have enough to live on.
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Nux-vomica-1M one single dose was given in the evening. Not only her general health improved, but also the size of the stone started reducing. (Patient still under treatment)

CASE 9: A chronic renal failure patient came to me with a few relatives, all of whom were allopathic doctors. They showed me a file containing the diagnostic and other papers of the patient. After this, one by one, the relatives went out.

The patient was still sitting. He said, "Doctor, my sons say that I am sick and so I should not ride bicycle, go out and do our business. They say they will do everything and ask me

to sit at home taking rest. As my children, they should only tell me that I am all right and I would recover soon. But instead of encouraging me for speedy recovery they have branded me as a permanent and incurable patient[†].”

This patient feels that his sons, instead of encouraging, are letting him down. What one requires from the relatives is not money nor help but *moral support*. In this case the patient feels that this is completely missing.

This symptom we find in two remedies. (See the *Final Mat. Medica of Mind Symptoms* by the author. p. 114 and 147) They are

“... a feeling of moral deficiency...” – *Kali brom.*

“... despondency, sadness, moral depression and relaxation...” – *Tarentula hisp.*

Tarentula hisp. 10M - single dose was given.

CASE 10: A lady of fifty-five, school teacher, was under my treatment for three months for sinusitis with little relief. She lives thirteen kilometers away from my clinic and she works in a school which is less than one kilometer from my clinic. Before going to the school she would come to me once a month, take medicine and go to school. Seeing no relief in spite of three visits, I told her that a certain acupressure doctor would come and give just 3-minute treatment once only and for this she need not pay any fees and also I assured total relief. Since the acupressure doctor comes to my clinic on

[†]The reader may note here that in most cases the ‘uncommon’ symptom (on which we can make a prescription) is told by the patient at the end of the consultation, or, in some cases, *after* you have made the prescription! In yet a few cases, during the second or subsequent consultations!

Sundays only I asked her to come on a Sunday. To this she replied, “I have to come all the way... from ... (her residence.)”

During the earlier three visits she would come to me in the morning before going to her school which is near my clinic. Sunday is holiday for school and she feels it an ordeal to come for acupressure treatment all... the... way from her residence thirteen kilometers away.

It is hesitation. I told her no need to pay any fees for the one-time acupressure and 100% cure was also assured. Therefore, travelling thirteen kilometres won't be a crime. But to do this she has hesitation. Before we show the reader how we selected the remedy on this symptom, let us now see two more cases.

CASE 11: A lady allopathic doctor was learning homoeopathy from me every Sunday morning for two hours. She consulted for her complaints and total relief of her ailments. Once she said, “Doctor, can you give one-dose treatment for my son? Since birth he is having perennial cold; now he is five years and almost every week he has to take drugs.” I told her that she must bring her son at least once and I would cure him completely. Bringing her son once (and I am not going to charge her since she is my student) is not an ordeal or something immoral. To this she replied, “For this I have to... bring him all the way from my home” (which is just ten kilometers away.)

She hesitates for this small thing of bringing the boy once only to me and for which the boy is going to get total relief permanently.

Only if you actually listen to the patient's reply in person you may understand this. Let me explain and elaborate on this.

Suppose you are asked by your teacher to murder a certain person. What would be your reaction? Immediately you would reply as under: “Sir, I... have to...” (The sentence would be incomplete. Because you have hesitation since doing this job would prick your conscience.)

In the above said case No. 10 and 11, for merely travelling ten kilometres they have lot of hesitation as if I am asking them to do some crime or immoral thing. In other words, they are over conscious of a trivial thing. The apt term would be “Conscientious scruples.” This symptom is in the remedy Arsenicum album. [See the *Final Mat. Medica of Mind Symptoms* by the author p. 77.]

Let us repeat, that uncommon mind symptom may be in most cases one only, and the computer-software or ‘remedy finders’ are of no use. One single dose of Arsenicum Album-10M completely cured the above sinusitis patient (case No.10 above) and even acupressure treatment was not given.

CASE 12: This is a cancer patient and after the consultation was over, I asked my fees of six thousand rupees. To this he replied, “Money... is...” (The sentence was incomplete and hesitation was as if they are asked to do some big immoral act.) He should say that either he has no money or that he would try to borrow from relatives. But he does neither. Ars. Alb-10M, one single, dose cured him.

The above cases would illustrate the meaning and interpretation of mind symptoms of a patient. In some cases the repertory or software is not useful and you have to learn by rote these uncommon mind symptoms.

The above three cases are quoted here to illustrate that if the practitioner can memorise the symptoms of various remedies given in the *Final Mat. Medica of Mind Symptoms*

by the author he would be able to select the remedy in more than fifty per cent of cases that too at the very first attempt.

Let no one practise homoeopathy who does not have a copy of Lilienthal and does not make use of it.

Precision and versatility is required to practise homoeopathy.

What is most disappointing is that no one talks about Dr. Lilienthal's work, be it in seminar papers, monthly meetings or articles in journals.

Said Charles Gatchell in a review of *HOMOEOPATHIC THERAPEUTICS*, "... it is an extraordinarily useful book and those who add it to their library will never feel regret..."

In a review, Samuel A. Jones said about Lilienthal's as under:

"For the fresh graduate this book will be invaluable... to the older one who says he has no use of this book, we have nothing to say. He is a good one to avoid when well, and to dread when ill."

The three authors who have correctly understood mind symptoms are:



Dr. Samuel Lilienthal, M.D.

- (1) Dr. Samuel Lilienthal
- (2) Dr. Constantine Hering (*Guiding Symptoms of our Mat-Med*, 10 volumes)[†]
- (3) Dr. William Boericke (Mat. Medica)

And Lilienthal tops the list. If you can understand correctly and thoroughly the lines under all remedies in the chapter *Melancholia* in Lilienthal, you get more than 70% success in your practice.

Lilienthal is ten times worth its weight in gold.

Wilkinson's too is good at mind symptoms. How to master mind symptoms with Hering?

After having selected a remedy and having seen that it has cured the patient with one single dose of that remedy, read that remedy in the Chapter 'Mind'. If you do it two or three times for a remedy, fourth time when that remedy-type patient comes in, you can straightaway prescribe that.

For example, I would never miss *Lycopodium* and *Nux vomica* for patients, most of whom throw the following symptoms:

Lycopodium:

- (Wilkinson's) – *Talks with an air of command. Manner stiff and pretentious.*

Nux vomica:

- (Boericke's Mat. Med.) – *...particular, careful, zealous...*

[†]Only the useful portions from this 10-volume have been taken out by Dr. V. Krishnamurthy and compiled in two volumes with the title *Wilkinson's Mat. Medica*

- (Wilkinson's) – *Desire to talk about one's conditions with anxious reflections about it.* (The patient comes in, sits and turning his face to one side, stares at the roof and tells his complaints in the past-present chronological order. He continues to stare up the ceiling continuously till he finishes the history of his complaints till date.)

Sometime you have to read the entire symptoms under Mind in all the remedies to select a remedy for a patient. (For this I use Boericke's *Materia Medica* and *Wilkinson's*). But once you find the remedy, subsequent cases requiring that remedy becomes easy.

I am not reporting here cases with their follow-up but my attempt is to tell the reader how and what exactly homoeopathic practice is. As one cannot learn swimming without first getting into the water, or driving a car without first sitting on the wheel, so also without actual cases on hand one cannot learn homoeopathy. To that extent only I am quoting actual cases as seen in my clinic.

I am a free-lance medical journalist and so I took the following two cases as a challenge to homoeopathy. These two cases would illustrate the reader how rich, exact and accurate (and also complete) our existing materia medicas are. Thus and therefore, what is needed is exact mastery of the use of five reference books *viz.*, Lilienthal, William Boericke, J.T. Kent, *Wilkinson's* and Knerr (and more importantly Yingling, for medical emergencies at the time of labor or abortion.).

CASE 13: A patient with chronic headache, after spending much money with various doctors, specialists and homoeopaths came to me. After finishing the history of his seven years' pain in head, he ended up saying: "Doctor, if you or anyone can cure me of this terrible headache, I won't mind

even giving away half of my property (worth three millions) to that doctor.”

Doctors of all other systems would simply ignore this statement of the patient.

If a patient is ready to pay 1.5 million... I thought over this. I took this as a challenge to homoeopathy. I asked him to first pay me ten thousand rupees and also give me two weeks’ time with a promise that if I do not cure him in one single dose (or a few doses) I would pay him double the amount paid by him. Also, if he is cured he may pay me another ten thousand rupees. He agreed to this condition and paid ten thousand rupees.

I took a copy of Boericke’s *Materia Medica* and went to a professor of English in a college and requested him to render me a help. I told him that he has to read the lines given only under the chapter ‘Mind’ in all the remedies in Boericke’s *Mat. Med.* and underline if any relevant line is found equivalent to the statement of a person who says that he would pay half of his wealth if his headache is cured. I paid him five thousand rupees (which the professor said is more than sufficient for the work)—It may take a few days, daily spending two or three hours to go through the lines given under the chapter ‘Mind’ in Boericke’s 688-page *materia medica*.

To another professor of English I gave a copy of *Wilkinson’s Mat. Medica* and paying him the remaining five thousand rupees requested him to do the job of reading the lines given only under the chapter ‘Mind’ in all the remedies (and this too would take a few days, daily working for three hours) and tell me if he finds anything equivalent to the above said statement of the headache patient.

The first professor (using Boericke's) could not find anything apt. But the second professor underlined and pointed out the following lines in the remedy *Stillingia* (under 'Mind' in Wilkinsons).

“Deplorably downhearted; suffering extreme torture from bone pains.”

Stillingia 1000, one single dose cured the patient and he paid me another ten thousand rupees. After this case I cured two more patients with *Stillingia*. both of whom said the above words (ready to give his entire wealth to the doctor who cures him).

Diligence and knowledge of English language, both to the core, are required to practise homoeopathy.

CASE 14: Here is another case of headache. This 55-year old male patient remarked: “Doctor, all these years I have been having these pains; my sufferings are such that no amount of compensation would be equal to it. Even if you make me the President of all the nations in the world that would not be a sufficient compensation.” I told him the same condition which I put to the patient in the earlier case. After taking ten thousand rupees I went to the two English professors, one with Boericke and the other with *Wilkinson's Mat. Medica*. In this case the professor going through Boericke's *Mat. Medica* could help me. He pointed to the following found under the remedy *Selenium*.

“*Extreme sadness. Abject despair, uncompromising melancholy.*”

Selenium 10M, one dose cured the patient and he paid me ten thousand rupees.

On a later occasion the above said professors asked me what I did by their help and I showed them how I practise homoeopathy. Soon both of them started learning and practising homoeopathy.

Homoeopathic system of medicine is *exact and accurate*. *Precision* and *versatility* is its culture.

Myth and reality of ‘mind symptoms.’

In some cases Calvin B. Knerr’s REPERTORY is excellent to work out cases with mind symptoms.

The other day I was sitting by the side of a senior homoeopath in his clinic. A patient entered and asked, “Do you have medicine for diabetes?”

Doctor: Yes, tell me your symptoms.

Patient: (Stretching his hand towards the doctor).
हाथ देखो, दवाई दो । [“see my pulse; give medicine.”]

[The tone of the patient was in a commanding note similar to a king, who, when anything is required would order, “Bring the head of the thief in two hours.”]

The doctor turned towards me and said, “See doctor, these patients don’t tell symptoms. How can I prescribe?” That doctor always thinks “Sensation, Locality Modalities, concomitants. What a wrong teaching?” I took Calvin B. Knerr’s REPERTORY to him and showed the following:

MIND, Answers, imperiously: *Lycopodium*.



Dr. Calvin B. Knerr, M.D.

Further I showed him the following from Wilkinson's Mat. Medica under the remedy Lycopodium:

“Talks with an air of command . . .
manner stiff and pretentious.”

Lycopodium 10M, one single dose, cured diabetes.

Let us reiterate the following:

Homoeopathy is a system where the patient himself (by way of some words or actions or as a reaction to his disease or treatment or attitude towards the doctor) indicates the remedy to us.

Homoeopathy is practical and practical only and there is no place for any theory, imagination, etc.

CONCLUSION

Among medical systems homoeopathy is the best shortcut to cure patients in one single dose of one remedy or a few doses of one or few remedies. For example, we have cured lakhs of *chikungunya* patients completely and permanently with *one single dose* of the homoeo medicine called *Polyporus Pinicola-200*; so also, many tested and confirmed *swine flu* patients were cured with one single dose of *Merc-sol. 200*.

One of the best short-cuts to homoeopathic practice (to select the remedy—similimum) is Dr. Samuel Lilienthal's *Homoeopathic Therapeutics*. (Drop the symptom in Lilienthal and you get the remedy!)

The short-cut for Lilienthal is the chapter *Melancholia* (p. 693 to 702) and also the chapters *Insanity, Emotion* etc.

CHAPTER - V

MORE CASES TO EXPLAIN “UNCOMMON-RARE-STRANGE-PECULIAR” SYMPTOMS

CASE 15: A patient came in with pain in the femoral part of urethra and backache. It was worse while riding the two-wheeler. He showed his medical file (given by allopathic hospital) and therefrom we noted the following points:

hydroureteronephrosis—Left kidney;
pain in femoral part of urethra;
pain in sacral region.

His complaint (pathology) is in ureter but he has pain in femoral part of urethra and sacrum. This is something rare-strange-peculiar. Both these painful places are at the same distance from the seat of affection—ureter.

Under the remedy Belladonna (Wilkinson’s *Materia Medica*) we find the following: “Inflammation of internal organs... The inflammation... runs in radii as it extends to adjacent parts.”

(Femoral part of urethra and sacrum are more or less at equal distance from his left ureter). Belladonna-10M, single dose, cured him.

CASE 16: Two years after the above case, a lady came to me for cervical spondylitis. These patients get pain normally in the neck extending to head or one upper limb. Strangely this patient complained of unbearable pain in both shoulder tips. (Both shoulder tips are at the same distance away from the cervical vertebra.) Belladonna-10M, single dose cured her.

CASE 17: Let us now examine what is meant by uncommon symptoms: Some of the most useful uncommon physical

symptoms *cannot be classified* under any head in the repertory or homoeo software and so it is better to memorise them.

For example, under the remedy *Ignatia* we find the words *great contradictions*. (Boericke Mat. Med.) A haemorrhoid patient said at the end of the consultation. [Remember, in most cases, after the narration is over and after a pause, the patient leans forward towards you and with wide open eyes (exclaims)] “Doctor... one thing. Everyone says that pain, bleeding etc. in piles would increase while straining when constipated; but my case is different. I do not get pain or bleeding whenever I strain during constipation. But during loose bowel movement I get both burning and bleeding.”

The contradictory symptom is both ways. Hence Dr. William Boericke writes in plural: “Great contradictions.” *Ignatia-1M*, single dose cured this patient.

CASE 18: A school boy of twelve was brought by the parents. The mother started talking: “Doctor, he has to leave the house for school at 9.30 in the morning. He gets up at 6.00 a.m. By 7.30 a.m. he becomes so restless—jumps, cries etc. This would last for half-an-hour. Then this disappears; it is followed by 3-4 times loose bowel movement. After that he becomes completely all right and goes to school.”

In this case the following should come to our mind:

“Symptoms disposed to appear periodically and in groups...”

The above lines are found in the remedy *Cuprum met.* (Boericke’s *Materia Medica.*) This remedy cured the patient in one single dose in the 200th potency.

Among pharmacologically oriented system of therapeutics homoeopathy is thorough, exhaustive and accurate.

CHAPTER - VI

SWINE FLU

Single-dose for prevention as well as cure

During the years 2006-2008, almost all homoeopathic practitioners had been giving different remedies for *chikungunya* disease for weeks with little relief. The undersigned is the first to declare that the homoeopathic remedy *Polyporus Pinicola-200* is almost a specific for *chikungunya* and with this remedy, our students had cured lakhs and lakhs of *chikungunya* victims (with just one single pill of this remedy). (Rate of success: more than 99%).

Homoeopaths are now asking medicine for the present pandemic swine flu.

Those who had died in hospitals with swine flu had lung failure; disease of lung that speedily kills any patient is 'pneumonia'. In *Samuel Lilienthal's HOMOEOPATHIC THERAPEUTICS* (in the chapter PNEUMONIA, under two remedies, viz., *Merc-sol.* and *Ferrum met.*) we find the following words: "epidemic pneumonia." The two remedies were studied in the materia medicas and *Merc-sol.* agreed with most of the symptoms than *Ferrum met.*

Patients who had come to me after being tested positive for swine flu were given ONLY ONE SINGLE PILL of the homoeo medicine *Merc-sol-200*, and in just an hour all their symptoms disappeared and after a week when they tested, the result was negative. (Rate of success: 99%).

For prevention, the same remedy *Merc-sol. 200* may be given one dose (one pill, chewable, taken any time) once a month for three months. This prevents swine flu for six months from the date of taking the first dose.

In homoeopathy, cure is easier and quicker than prevention.

It may not be out of place here to mention one more type of ‘diseases of blood’ that can be cured with one single dose of another homoeopathic remedy.

Hepatitis B-virus, Infective hepatitis (Jaundice), Jaundice after blood transfusion, Septicaemia, Haemophilia (Bleeders), uncomplicated cases of Leukaemia (Blood Cancer).

The above diseases can be cured completely and permanently with one single pill of the homoeopathic remedy *viz., Crotalus-horridus-10,000*, provided the patient has no other serious disease or complications.

Many readers may ask as to how one and the same remedy can cure many diseases. Dear reader, the terminology and classifications used in homoeopathy are something different from all other medical systems.

The key-note for use of the above said remedy is as under:

Diseases of blood that threaten the life of the patient can be cured completely and permanently with one single pill of the homoeopathic remedy *Crotalus horridus-10,000*, provided the patient has no other serious disease or complications. No need to repeat at all !

CHAPTER - VII

CONGESTION, RUSH OF BLOOD, HYPERAEMIA

Many terms are unique to homoeopathic practice. We now give examples in this and the following chapters.

Most homoeopaths remain as symptom-coverers. Bernard Shaw wrote that if a homoeopath looks at a Chinese he would prescribe him for jaundice (because the colour of the skin of Chinese people is yellow.)

No one need get offended by this statement. We are only trying to carefully lift all mysterious clouds enveloping homoeopathy.

Be that as it may. Let us now learn some terminologies most useful in selecting the remedy.

‘Congestion.’ When two or more symptoms are in one and the same part of the body, instead of considering each symptom separately you should take this rubric ‘congestion’. For example, a patient came in complaining headache, dandruff and hair fall; he had been having this for several years. The neophyte would take ‘dandruff’ ‘hair fall’ and ‘headache’ for finding the remedy. But when these three symptoms found together in one place *viz.*, head, we should not take the three symptoms separately but as one whole unit and the term is ‘congestion’. For this do not take the list of remedies under CONGESTION in the Chapter ‘Head’ in Kent’s Repertory but you must go to the Chapter GENERALITIES and there also you find a rubric CONGESTION. You must take this for chronic diseases.

A patient was having varicose veins in legs, pain in knee, corns on sole, cramps in feet. All these complaints are on the lower limb. Here too we must use the rubric 'congestion.'

'Congestion' — other examples

When pain or some other symptom is felt in a part while exerting another part, e. g., headache while coughing, involuntary urination or urging to urinate when excited etc.

'Worry causes headache'. 'Mental tension causes or aggravates skin complaints'. (For this we have the term neurotic eczema. See the remedy *Anacardium orientale* in Boericke's Materia Medica. In that remedy under the para Skin we find the following: Intense itching, eczema, with mental irritability... neurotic eczema.)

In the materia medicas some authors use the term 'rush of blood' or 'hyperaemia' in place of 'congestion'. [Hyperaemia - an excess of blood in an organ or any part of the body.]

Rush of blood of plethoric individuals requires: 1, acon., aur., bell., calc., lyc., phos., sep., sulph. 2. Arn., Bry., Chin., Ferr., Nat-mur., Nux-vom., Rhus-tox, Thuj.

Rush of blood complained of by plethoric, debilitated, hypochondriac, or nervous individuals. The principal remedies are: 1, Acon., Aur., Calc., Hep., Kalm., Kreos., Lyc., Phos., Sep., Sulph.; 2, Amb., Amm., Arn., Bell., Bry., Carb. v., Caust., Croc., Chin., Fer., Iod., Natr. m., Nux v., Op., Petr., Phos. ac., Rhus, Samb., Sarsap., Senn., Sil., Stann., Thuj.

Rush of blood of nervous, very irritable individuals: 1. Acon, Arn., Bell., Chin., Nux v.; 2. Amb., Aur., Calc., Fer., Lyc., Petr., Samb.

(Memory weak, inability to think) - if by congestion of blood to the head: chin., melilot., merc., rhus, sulph.

Remedies having the symptom 'congestion' 'rush of blood' or 'hyperaemia':

Agaricus (Hepatic derangements) - congested, enlarged liver

Absinthium (Delirium) - sleeplessness in typhoid with congestion at the base of brain.

Actea spic - active sanguineous congestions.

Adrenalin - therapeutically, adrenalin has been suggested in acute congestion of lungs, asthma, grave's and addison's diseases, arterio-sclerosis, chronic aortitis, angina pectoris, haemophilia chlorosis, hay fever, serum rashes, acute urticaria, etc.

Aesculus hip - venous congestion, especially portal and hemorrhoidal. - follicular pharyngitis connected with hepatic congestion. - torpor and congestion of the liver and portal system, with constipation. - very painful, dark purple, external haemorrhoids, with constipation and vertigo and portal congestion.

Aesculus hip (Haemorrhoids) - depressed and irritable. angina granulosa, a dark-red congestion of fauces, with dryness and soreness, from abdominal plethora.

Aesculus hip (Hepatic derangements) - congestion of liver and portal system

Aesculus hip (Vertigo, dizziness) - derangement of the portal system, producing nervous congestion in the brain.†

†For full list see our book *Advanced Homoeo Practice* (876 pages). Price Rs.750 including postage

CHAPTER - VIII

PLETHORA, PLETHORIC INDIVIDUALS, PRECOCITY

To the new-comer desiring to learn homoeopathy: You must keep the name of disease (pathology) off your mind while trying to find the remedy for a patient. We do not merely prescribe on pathology alone. In allopathy no doctor would prescribe insulin for typhoid, nor antibiotics for diabetes. This is because they treat diseases.

In homoeopathy we treat ‘a patient with diabetes’ or ‘a patient with typhoid’ and so on and so forth. What is the difference?

In homoeopathy one and the same remedy may be indicated for typhoid in one patient and for diabetes in another patient. If this is so, we put question what is the basis for making a homoeopathic prescription which is different from allopathy or other systems of medicine.

Classification of patients for making the prescription in homoeopathy is not on the name of diseases or pathology; but it is on an altogether different classification. Such classifications are as they already exist in different patients.

Let us now go to (case No. 5 and 6 on page 9) where Petroleum was prescribed for a patient with hypertension, diabetes, diarrhoea etc. whereas the same remedy was prescribed for eczema in another patient. That was because both patients felt that death was near and so they must hurry to settle affairs.

What we have to learn is not ‘remedies for diabetes’, jaundice etc., but different classifications of patients (irrespective of the name of the diseases they are suffering

from) as is found from time immemorial and which doctors of all other systems had been simply ignoring.

We have already learnt some of the classifications:

‘Symptoms disposed to appear periodically and in groups.’ This straightaway points to the homoeo medicine *Cuprum met.* Whatever may be the name of disease that the patient may be suffering, if a patient reports this syndrome this remedy would cure the underlying pathology.

By all the above we do not mean to say that diagnosis or pathology is not at all useful. In life threatening emergencies the case is different. There such life threatening symptoms (septicaemia, haemorrhage etc.) becomes general symptom and on such general symptom (be it pathology or not) we can straightaway prescribe. For example, if jaundice develops during the course of serious diseases—terminal cancer etc. it is known as malignant jaundice. The foremost remedy that we should think for this condition is *Crotalus horridus*. Of course, after the patient recovers partly or fully we have to follow up the case with other remedies as per indication. The totality of a patient at any given time points to one remedy only and that remedy at that time is called *similimum* for that patient. ‘One remedy at any given time’ is the rule and not one remedy throughout the lifetime of a patient.

Before making use of repertories you must learn the different terms, most of which have no relevance to other systems of medicine.

‘Plethora’ means ‘excess or abundant energy in body.’ These persons are called plethoric individuals.

The dictionary defines ‘plethora’ as over-fullness or excess in any way; an excess of bodily fluid, particularly blood. Excessive fullness of blood.

Plethoric persons can do the job of ten persons single-handedly, both quantitatively as well as qualitatively. Other examples of plethoric persons are those who have done several Ph.D.s or who do Ph. D. at their sixtieth year of age; also those who have done several postgraduates studied in many subjects; also those who start studying, learning and mastering a subject or art even at their forty-five years of age. The term 'tiredness' is not in their vocabulary. Work for them is worship. The workaholics. Old age is not a deterrent for them.

Therefore, in the absence of more valuable symptoms in a case, if you find the patient is of the above type you may use the term plethora which is a general symptom.

Under some remedies in some materia medicas you would find the term 'abdominal plethora.' Let us explain this. (1) Mr. Y daily drinks country liquor; does not care for food. Any amount of liquor would be withstood by his abdomen (whereas if we take that country liquor even for one day, we would vomit or get abdominal pain). Here, Mr. Y is said to be having abdominal plethora.

If a practitioner does not learn these terms, Then he would be a signal failure in practice and it is because of these reasons for failures are more and so homoeopathy has gone into disrepute.

Plethoric individuals (plethora, plethoric - 1, Acon., Aur-met., Bell., Cal-c., Lyc., Phos., Sep., Sulph.; 2, Arn., Bry., Chin., Ferr., Nat-m., Nux v., Rhus, Thuj.

—Complaints of plethoric, debilitated, hypochondriac, or nervous individuals. The principal remedies are: Acon., Amb., Am-c., Arn., Aur-met., Bell., Bry., Cal-c., Carb-v., Caust., Chin., Croc., Fer., Hep., Iod., Kalm., Kreos., Lyc.,

Natr-m., Nux-v., Op., Petr., Phos., Phos-ac., Rhus., Samb., Sarsap., Senn., Sep., Sil., Stann., Sulph., Thuj.

—nervous, very irritable individuals: Acon., Amb., Arn., Aur-met., Bell., Cal-c., Chin., Ferr., Lyc., Nux v., Petr., Samb.

Remedies for 'plethora':

Arnica. - in cases of sanguine plethoric people with lively expression, nervous women, very red face, disposed to cerebral congestion. ---prolapsus uteri.

Artemisia - girl, aged 18, strong, well developed, plethoric; epilepsy.

Asarum - plethoric young woman suffered for years from headaches.

Asterias - man, aged 56, plethoric constitution, sedentary since eight years; epilepsy.

Aurum met - violent orgasm; plethora.

Bryonia. - plethora.

Cactus. - sanguineous congestions in persons of plethoric habit.

Calc-carb. - congestions: head; eyes; ears; nose; face; chest; abdomen, limbs; plethora.

Calc-carb. - girl, aged 20, small, plethoric and blonde. --- chlorosis with hermicrania.

Calc-carb. - nervous, hemorrhoidal, plethoric and lymphatic constitutions; disposed to grow fat.†

†For full list see our book *Advanced Homoeo Practice* (876 pages). Price Rs.750 including postage

CHAPTER - IX

CHECKED DISCHARGES, SUPPRESSION OF SECRETIONS

The above symptom would be of immense help, more particularly in chronic diseases as well as grave acute cases.

Suppression of haemorrhage or habitual depletions or any discharges make the disease travel from less important organs to more important organs. This is the direction of disease. Hence most valuable. If found in a case you cannot afford to ignore them. You may straightaway take it.

IMPORTANT NOTE: Here we must make a mention of 'menopause.'

If the complaint of a female patient starts around the age of 42-46 and she also continues to get her monthly periods you may think of the rubric **MENOPAUSE** in the chapter **GENITALIA—FEMALE** in Kent's Repertory. But upon inquiry if you find that her complaints started a few months after complete cessation of menses you should not take the rubric **MENOPAUSE** but consider the following on page 1006 of Lilienthal:

Suppression of haemorrhage or abandoning habitual depletions: 1, acon., bell., chin., fer., nux v., puls., sulph.; 2, arn., aur., bry., calc., carb. v., graph., hyosc., lyc., natr. m., nitr. ac., phos., ran., rhus, seneg., sep., sil., spong., stram.

If a patient tells that his complaints started some time after his bleeding fissure in anus or piles was cured, in such cases too you must take the above rubric.

CHAPTER - X

CHLOROSIS, CHLOROTIC FEMALES

No patient would come and tell you that she has chlorosis. What the patient tells is merely cotton, and the practitioner has to make thread out of it, weave it into a cloth and then stitch a dress out of it.

The patient tells certain complaints and upon your asking how long she has it, she replies that it is for five years. You note down her age (at the beginning of case taking) and suppose her present age is twenty years. Her complaints having started five years ago means it was around 15 years of age. You have to ask her, at this stage, at what age she got her first periods (menarche) and if she replies it was anywhere between 14-15 years, you may ask whether her present five-year old complaints started around the period of getting her first periods and if she gives an affirmative reply you may make use of the rubric 'chlorosis'. You have to first work out the case with Kent's Repertory etc. and after having finally selected one or a few remedies, to confirm one from among them, you may refer to the following list.

Remedies having the symptom 'CHLOROSIS' 'CHLOROTIC':

Abrotanum (Dyspepsia, weakness of stomach) - chlorosis; disturbed digestion; weak, sinking feeling in bowels; food passes undigested; distended abdomen; great weakness and prostration; gnawing hunger, craves bread boiled in milk.

Absinth - especially younger patients ---chlorosis

Acetic acid - chlorosis; anemia; wasting away; great emaciation

WHITHER HOMOEOPATHY?

The three corner stones or backbone of homoeopathic practice are contained the three sections of the *Organon viz.*, section 84 to 90, 153 and 213.

Section 84 to 90 pertains to case taking and we would come to this later.

Section 153 states that we have to prescribe (or, select the remedy) on ‘uncommon-rare-strange-peculiar symptoms’. Section 213 says that without basing our prescription on ‘mind’ symptoms a cure is not possible.

When Section 153 is read with Section 213 we come to the logical conclusion that we have to prescribe on ‘uncommon mind symptoms.’

We read case reports where homoeopaths write that they had taken the rubrics ‘anger’, ‘grief’, ‘memory-weak’ etc. etc. Dear reader, these are common symptoms of mind.

“Uncommon mind symptoms” are illustrated in the following cases:

CASE 19: In a factory fine carbon powder (for making torch light batteries were kept about five feet in height,) caught fire and started burning from below upwards. Fire squad was summoned and they cordoned off the area saying that if anyone would try to salvage the unburnt portion at the top, the fire may flare up destroying the entire factory and said it should be allowed to burn completely for a day or two.

One security officer with another employee by using a ladder tried to take out from the top portion and accidentally he fell into it. Another employee who tried to rescue him too fell into the burning carbon and both were severely burnt up

to middle of thigh and both of them were admitted in the nearby government hospital. Since it is only superficial burns and rest cure alone is needed, the house surgeon did not call in a specialist.

The security officer was heard saying repeatedly that no doctor had come and examined him. (As a layman he did not know that superficial burn means only rest cure.) Thinking that it was carelessness on the part of the hospital staff for not inviting a specialist immediately, he shifted himself to a private hospital and by that time it was midnight and there also the duty doctor merely admitted him and here also the patient was telling that no doctor has rushed to examine him.

How did I select the remedy for this case?

The procedure for selecting the similimum in acute disease is simple and sure. In Boericke's Repertory, in the last chapter GENERALITIES—INJURIES (traumatisms) under "Burns, scalds" I find twenty-one remedies. I note these names on a paper and start reading them one by one in Boericke's mat. medica (only the first para, and the paras 'Mind' and 'Skin'). While doing this, the following lines under the remedy *Hamamelis* caught my attention.

Wants "the respect due to me" shown

Any patient with a serious illness needs attention of the specialist in a hospital (of course, the above patient was ignorant that allopaths can do nothing for superficial burns) and he felt that no doctor started immediate treatment. *Hamamelis* 200 cured him completely.

CASE 20: During deepavali my three-year old daughter was holding one end of pencil-size sparkler showing the other end at the candle fire to light it. The sparkler is always filled with the powder from one end up to the middle. By mistake she

was holding this powder-filled end in her hand and showing the other end at the burning candle. So it did not catch fire. When a stick fails, children would break the stick into two and tap the broken end on the ground to bring the unburnt powder and then lit it. My daughter tapped it on her left palm. Being a child she did not know the risk. She took another sparkler, showed it in fire. One spark fell on her left palm full of powder and the whole hand was burnt with swelling double the size of her hand. She started screaming. I gave cantharis-30 but it did not show any effect. To calm her down we put her in a makeshift cradle (made of long cloth) and gently tilted it to make her sleep. Though it reduced the pain she ended up saying, “Appa, burning pain has not gone... Appa, burning...”.

My child said that as a doctor-father I did not relieve her suffering. [Earlier in some acute diseases she has experienced instantaneous cure with one single dose of the indicated homoeopathic remedy.] Hamamelis-30 one single dose stopped her lamentation and she slept. Next morning there was no trace of burns! From the above two cases I learnt the mind symptom of *Hamamelis viz.*, “wants the respect due to me shown.”

CASE 21: A lady of forty-five with cancer of uterus was given radiation treatment and it caused profuse leucorrhoeal discharge and doctors declared that she may live for another six months only and this news spread in the village. She came to me with the reports. After narrating her complaints she concluded in a different but firm tone.

“Doctor, people in my village say that I am going to die soon and so they don’t care for me nor give any respect to me. I want to get cured and tell my villagers, ‘Look, I am now cured. What is your answer?’”

(In most cases mind symptom is revealed at the end, with the patient leaning her head towards the doctor and with an exclamatory tone.)

Hamamelis 10m cured her and she lived long thereafter.

We now hope that the reader understands what is meant by ‘uncommon mind symptoms.’

Drop the symptom in Lilienthal and you get the remedy!

In some cases it is of great and instant help. Lilienthal says, “Drop the symptom in Lilienthal and you get the remedy.” Let me illustrate this with two cured cases.

CASE 22: A boy of eleven was brought by his mother: She spoke: “Doctor, look at him. The boy is making constant movements of his fingers; becomes violent and restless for six months now. We went to allopathic hospital and they diagnosed his case as worm complaint and gave him santonine, but even double the adult dose of it had no effect. Then we went to a homeopathy specialist. She showed me the prescription: For one month Cina-30 daily morning and Graphites-30 daily night, (for eruption on forearm with sticky discharge). He has completed one month course of these two remedies but no result.”

I looked at the boy again and the case sheet. After a pause, the mother continued with wide open eyes and leaning towards me, “Doctor, ever since he developed worm complaint he often complains of headache and vertigo. Why is it so doctor?” [An observation that we had repeatedly made in the clinic is this: “In some cases when the patient tells ‘uncommon-rare-strange’ symptom, he leans forward towards you with wide open eyes.]

The words ‘vertigo and headache’ told by the mother (which is an ‘uncommon’ symptom in worm complaint) were found under one remedy only viz., *Cicuta virosa* among the thirty-seven remedies given under the chapter WORM AFFECTIONS in Lilienthal. This remedy in 200th potency, single dose, cured worm symptoms as well as his skin complaint.

CASE 23: A professional singer lost her voice and she came to me. After telling what all homoeo treatment she took, she ended up saying, “Doctor, ever since loss of voice for the last two years, whenever I touch a metallic object, I feel shock.”

Lilienthal’s HOMOEOPATHIC THERAPEUTICS - Aponia (p. 39)—Sulphur.—“Chronic aponia... excite the animal electricity.”

Sulphur-200, one single dose cured both her aponia and shocks.

The above are extracts from our book *ADVANCED HOMOEO PRACTICE* (876 pages) by Dr. V. Krishnaamurthy. To get this book by post you may send money order for Rs.750=00. For *Wilkinson’s Mat. Medica* (pages 715) you may send another Rs.750=00. (including postage). Total: Rs.1500=00 for both the books.

(Answers to questions on page 2)

1. *Secale* is almost a specific when the growth of foetus is arrested. (See *Repertory* by Dr. Calvin B. Knerr: GENITALIA—FEMALE, Pregnancy, foetus: arrests development, *Secale*.) One single dose of *Secale* 10M is sufficient.
2. See *Calvin B. Knerr's Repertory*—Head—Cerebrospinal affections - meningitis - epidemic: *Zinc*.
3. See *Calvin B. Knerr's Repertory*—Stages of Life and Constitution—Constitution, syphilitic—mothers, to prevent disease in offspring: *Aurum-mur-nat*.
4. See *Kent's Repertory*—GENERALITIES—IRRITABILITY—When too much medicine has produced an over-sensitive state and remedies fail to act: Ph-ac., Teucr. [Homoeopaths are giving the medicines to the patient. The homoeo pharmacy people put about ten drops of the tincture to a 5 ml phial of pills. Whether the homoeopath buys the potencies in dilution or pills, when they open the phial to give a few pills to the patient, the doctor inadvertently smells the medicine each time he gives to a patient. This causes irritation, making them restless and/or haughty to the point of telling that he need not learn any more thing in homoeopathy. Also when the doctor himself is sick, no homoeo medicine seems to act on himself.]
5. *Life and Letters of Hahnemann* by Dr. Richard Haehl and another book by Bradford.

6. See *The Accoucheur's Emergency Manual* by Dr. W. A. Yingling—Repertory Section— Labor—weak, patient too weak to develop normal pains: Bell., Murac.,
7. *Crotalus horridus* is the prime remedy for haemophilia.
8. (a) See the answer to question No. 12.



Dr. W. A. Yingling, M.D.

- (b) Diseases, more particularly acute, that are long standing and not cured in spite of best treatment, and where patient is affected much, disturbing his daily routine. We may call them by the term '**Cachexia.**' Acute diseases such cough, cold, diarrhoea, skin rash etc. normally do not last long. When you find a patient with these complaints standing long for years and bothering him much, you may use the term '**Cachexia.**' This may otherwise be called as weakness of the system or of a part of body.
9. *Crotalus horridus.*
10. (a) *Hamamelis:* Passive haemorrhage. No anxiety or pain:
 (b) *Phosphorus:* Active haemorrhage with anxiety.
11. (a) *Arnica* (b) *Cicuta* (c) *Millefolium* (d) *Phosphorus.*
12. For a patient with chronic tonsillitis, you would generally look into the Repertory against the following:

Tonsils, inflamed (quinsy, tonsillitis) (page 454 of *Kent's Repertory*)

But remedies in this list may be useful for acute complaints of tonsillitis. For curing tonsillitis permanently, it needs 'treatment of chronic diseases.' Chronic tonsillitis is due to tuberculosis (See *MEDICAL DISEASES OF INFANCY AND CHILDHOOD* by Dawson Williams, London: Cassel & Co. p. 338-348)

When tuberculosis affects the lung it is called pulmonary tuberculosis or *phthisis*; with a family history of tuberculosis, when t. b. affects bones or glands it is called 'scrofula' or 'struma'.

All chronic affections of glands are due to tuberculosis in the family. Chronic affections of bones may be due to either tuberculosis or syphilis; (in syphilitic affections of bones we find 'nightly boring' pain.)

Therefore, to cure a chronic tonsillitis patient, we must consider the following:

Scrofulosis — glandular affections. Bar., Bell., Calc., Carb. an., Cist., Clem., Con., Dulc., Graph., Hep., Kali, Lapis, Lyc., Merc., Nitr. ac., Phos., Rhus, Sil., Staph., Sulph. [*See* p. 943 of Lilienthal]

13. *The Accoucheur's Emergency Manual* by Dr. W. A. Yingling.
14. *See Dr. Calvin B. Knerr's Repertory* - MIND - Suicide, attempted: Plb.
15. Pain at the point of amputation is called 'ghost pain'. *Allium cepa* is the remedy for this.

16. See Calvin B. Knerr's REPERTORY—GENERALITIES—Fracture of tibia: Anthracin.
17. “. . . a patient had been travelling about from oculist to oculist, who had many visual troubles and no glasses would suit. . . LAC FEL. cured her.” (See Kent's LECTURES ON HOMOEOPATHIC MATERIA MEDICA—*Spigelia*.)
18. (a) Fluoric acid (Nails, diseases of)-felon, particularly bone felons, with offensive discharge; > from cold applications; phalanges swollen far above their natural size, on dorsum of finger an opening discharges ichorous pus; panaritium, also simple onychia, with ulceration; sharp sticking pain at root of right thumb-nail. nails grow more rapidly, crumpled or **longitudinal** ridges in them; soreness between toes; soreness of all the corns. it promotes expulsion of necrotic bones.
- (b) Oxalic acid (Myelitis acuta, inflammation of the spinal cord)-myelitis paralytica; pains occupy small **longitudinal** places, < on thinking of them; limbs stiff; dyspnoea and spasmodic constriction of chest, paroxysms of short, hurried breathing, with intervals of ease; acute pain in back gradually extending down to thighs, with great torture, seeks relief in change of position; back too weak to support the body; spinal softening, weakness about loins and hips extending down legs, with numbness and loss of power.
- (c) Oxalic acid (Paralysis)-sclerosis of posterior column; pains shooting down from the cord to the extremities, especially lower ones, stiffness of limbs, dyspnoea, followed by a peculiar general numbness, approaching to palsy; back feels too weak to support the body;

jerking pains, confined to small spots, lasting only a few seconds; pains in small **longitudinal** spots; paroxysms of dyspnoea.

- (d) Syphilinum- tongue coated teeth-indented; deep longitudinal cracks. (Boericke's Mat. Med.)
- (e) Tabacum (Diaphragm, diseases of)-excessive painfulness of muscular part of crura from renal calculi, especially when incarcerated in the ureter. (bell. contracts circular fibres, tab. the **longitudinal** ones.) r., deep-red stripe **longitudinally** through centre, dry or moist, with white or yellow coating or no coating at all on either side; tongue feels as if it had been scalded. (bapt. tongue red and glistening.)
- (f) Zincum met-- tongue thinly coated yellow, with sunken raphe, or **longitudinal** fissure.

We do not have any symptoms that appears latitudinally.

[Items (a) to (c) and (e) are from Lilienthal]. Have you not still bought a copy of Lilienthal?

Let him not practise homoeopathy who has not read several times the *Preface* and *Introduction* in the book *The Accoucheur's Emergency Manual* by Yingling.

The present day seminars, workshops, articles in homoeo journals and books published after the year 1946 are but mockery of homoeopathy.

Homoeopathy is based on eternal laws. There are no theories or principles of practice. It is ridiculous to talk of ‘principles’ and ‘theories’ of homoeopathy.

One more question to those who want to be honest in their practice.

Question: Where will you look for remedies for complaints of the new born (a) within twenty-four hours after birth; and (b) within a month?

Answer: (a) *See* the last chapter *THE BABY* in Yingling.

(b) *See* (i) the Chapter GENITALIA—FEMALE—INFANTS in Dr. Calvin B. Knerr’s Repertory and (ii) “Children Diseases of—Morbi Neonatorum et Infantum.” in *HOMOEOPATHIC THERAPEUTICS* by Dr. Samuel Lilienthal. (p. 148 to 184)

Use of these books is worth attending one thousand so-called seminars on homoeopathy. Awake, arise, the hour is late! The hour is late!!

We cannot explain everything by putting them in words in a book. The best and easiest way is to attend our PERSONAL COURSE. The One-week personal course in ADVANCED HOMOEOPATHIC PRACTICE would be conducted from 1st to 7th January, 2014 at Chennai (daily 10 a.m. to 1 p.m.) This course would make you No. 1 homoeopath to the extent of getting patients from all over the world. Fees: Rs.9,500. Register your name on or before 10-11-2013 by sending bank draft for Rs.9,500 to the following address:

Dr. V. Krishnaamurthy
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Music is a bridge between God and men. We have two *carnatic music* CDs, each one playing for more than three hours.

CD “A” — Listening to this daily for 1-2 hours (for 3-6 months or more) enables auspicious things happening at your home such as birth of male child or grandson, buying own house, marriage of aged daughter etc.

CD “B”— Money problem? Don’t worry any more. Someone has wrongly taught us that we have to work hard daily for eight hours to earn a few thousand rupees. Listening to this CD daily for 1-2 hours helps in pouring more and more money in your house. Repeatedly verified in the case of many individuals. So far no failure.

Each music CD costs Rs.380=00.

We have designed and developed homoeo software that is very easy to use. No complications! The results are fantastic. This software is an excellent help to find the remedy—the similimum for your patients. Price: Rs.7,500/- Free trial for one month. Mail to us: jaykrish1966@gmail.com.

ENCYCLOPAEDIA OF MEDICAL PRACTICE - 12 VOLUMES WITH ONE INDEX VOLUME is available with us for sale at Rs.11,500/- including postage to any part of India. (Each volume consists of about 750 pages)

The above reference book is absolutely essential if at all a homoeopathic practitioner would make better use of Section 153 of the *Organon* which tells that we must prescribe on 'uncommon' symptoms. For this, one must know what are 'common' symptoms of a disease.

Also, in some cases, aetiology (cause of disease), age incidence etc, may also help us to select appropriate rubrics for a given case.

Again DIAGNOSIS AND DIFFERENTIAL DIAGNOSIS would, in many cases, would help us a lot and the above encyclopaedia has helped even lay people to know the correct diagnosis where even specialists could not make out anything.

For example, a girl of eight years was having uncontrollable stool and urine. In the above said ENCYCLOPAEDIA in the *Index volume* we see the following:

urine, incontinence of
faeces, incontinence of

Against the above two headings, the number of a few volumes (along with the page number in which the symptom appears) were given. We found one volume number common to the above headings and in that page there we found incontinence of urine and faeces is symptoms of arteriosclerotic parkinsonism. We went to Lilienthal and on page 73 read the remedies and thus could find the correct remedy for the patient.

AETIOLOGY or CAUSE OF DISEASE; When we read AETIOLOGY in the above said encyclopaedia in the chapter Parkinson's disease (paralysis agitans), we read that it occurs in sixth or seventh decade and trauma is a possible cause. In the absence of more valuable symptoms we must take the following rubrics for any case of parkinson's disease.

KENT'S REPERTORY—

GENERALITIES—OLD people: Acon., agar., aloe., alumn., Ambr., am-c., ammc., anac., ant-c., ant-t., ars., Aur., Bar-c., bry., calc-p., camph., carb-an., carb-v., caust., cic., Coca., colch., con., fl-ac., iod., Kali-c., Lyc., nat-m., nit-ac., Op., sabad., Sec., Sel., seneg., sulph., sul-ac., Teucr;

GENERALITIES—WOUNDS, constitutional effects of: Arn., carb-v., con., hep., ind., lach., Led., nat-m., nit-ac., phos., puls., rhus-t., staph., sul-ac., zinc.

Three remedies *viz.*, Carbo-veg, Conium, nat-mur, nitric acid and sulphuric acid are common to the above two lists.

For knowing the common symptoms of any disease or for that matter diagnosis and differential diagnosis the above said 12-volume encyclopaedia is a must for every homoeopath who wants to do sincere practice. Otherwise one would end up as a symptom-coverer as Bernard Shaw writes, "When a homoeopath looks at any Chinese he would prescribe him for jaundice."

Whatever system of medicine one may practice, if he is not good at diagnosis and differential diagnosis he would be a signal failure. With the 12-volume ENCYCLOPAEDIA one can improve his respect among his patients and also get good success in practice. The reader may ignore the treatment section in the above encyclopaedia as it pertains to allopathy.

**Call it sociology, psychology, philosophy,
H.R.D., behavioral problems,
personality traits, counselling etc., etc.**

DR. BACH FLOWER REMEDIES OF ENGLAND give exact, accurate and one hundred percent correct solutions or answers to all difficulties and problems faced by the individual or society at large.

[Consists of thirty-eight remedies, each one containing trace quantity of a particular wild flower found in the English forest—Discovered and Introduced by **DR. EDWARD BACH**, M.B.B.S., M.R.C.S. of London around the year 1936.]

By

Dr. V. KRISHNAAMURTHY

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Ph : 09789069362, 09884612450

**[Results of four decades of practice,
teaching and observation in the clinic,
out of sheer academic interest]**

**AN
EXPLORATORY STUDY
ON
DR. BACH FLOWER REMEDIES
OF ENGLAND**

This system consists of thirty-eight remedies, each one containing trace quantity of a non-toxic wild flower, *found in their natural habitat in the English forest. (Medicine prepared from the cultivated plants is not effective.)* While all the thirty-eight flowers are found together in one place called Mount Vernon in England, they are not found all together anywhere else on earth in their natural habitat. (Nature keeps her ways secret!)

Around the year 1936, Dr. Edward Bach, M.B.B.S., M.R.C.S., then practising in Harley Street (Hollywood of medical doctors) London, like Gautama Buddha, abandoned his lucrative medical practice and went into the forest, in search of a better and easy medical system so that everyone may treat and cure himself just as we take food when hungry or cover ourselves with woollen clothes in biting cold winter; slowly he discovered the therapeutic and other effects of these flowers. The author of this book made an exploratory study of this system of medicine with forty years of practice and teaching. He is presenting in the following pages the uses of Dr. Bach Remedies. A set of 39 Bach remedies are being sold in all homoeopathic drug stores and leading departmental stores all over the world including the Gulf countries.



DR. EDWARD BACH, M.B.B.S., M.R.C.S.

The word ‘axiom’ means an accepted statement or proposition regarded as being self-evidently true (Oxford dictionary).

Following are some of the axioms:

Nature constantly works toward perfection.

Nature produces in abundance.

Nature’s ways are always short.

Nature’s ways cannot be improved upon.

In the face of the above and if it be true that God loves us so much, He ought to have given a medical system by which we should be able to treat and cure ourselves, that too almost instantaneously (without any detailed knowledge of pathology etc.), without side-effects, contra-indications or habit-forming tendencies.

Yes! Nature has given a complete medical system in the form of thirty-seven wild flowers that are non-toxic; surprisingly all these are found together in their natural habitat in a small village called Mount Vernon among the thick forests in England. Around the year 1936 Dr. Edward Bach.

To learn and master this subject called *Dr. Bach Flower Remedies*, it is sufficient if you spend just five days (daily three hours) with the author of this book. [For course details see last page.]

Dr. Bach Flower Remedies of England

[Non-toxic and non-habit-forming]

RESCUE REMEDY: This is one of the thirty-eight Bach remedies. It is a near-panacea for medical emergencies arising from traumatic causes— serious accidents, burns and scalds, electric shock or poisons where life is in danger. Put one pill into the mouth of the victim. Moments later,

- (1) Bleeding, if any, stops almost instantaneously without a bandage, however long or deep the cut may be.
- (2) Unbearable pain is reduced to minimum.
- (3) If unconscious and the body has become ice cold, pulse/breath imperceptible, these are cured in just a minute, and the victim gets up and walks home as if nothing has happened (excepting, of course, fractures)—the more danger to life, the quicker the remedy acts!
- (4) In case of chemical poisons and poison-bites, the poison gets neutralized in no time;
- (5) In case of burns and scalds not only the burning pain comes down in less than a minute but also, simultaneously, all after-effects are prevented.

No need to repeat the dose! Just one single dose, however serious the condition of the victim may be. The more danger to life the quicker the remedy acts! Rescue Remedy is a near-panacea for traumatic cases when patient may soon collapse.

Rescue Remedy, given by mighty Nature, not only acts as a mere first aid in trauma cases but, in most cases, completely cures the patient (even before the time required to reach the victim to a hospital) so that no other treatment is required (fractures excepted). No need to repeat!

But that is not the case with other medical systems known till date. After deep burns if the victim goes to any qualified and registered medical practitioner, the latter has no medicine to prevent the after-effects of burns. At the most he would order 'rest cure'—bleb formation taking place after a few days, discoloration of skin and disfiguration of the part by thickening of tissues etc.

Won't you like to keep a phial of **Rescue Remedy** in your vehicle and at home?

THROW AWAY THE FIRST AID BOX !

Surgery too is a trauma. Before a few minutes or hours of major surgery, if one dose of Rescue Remedy is given orally to the patient, 150 ml of blood loss is minimised. Also the wound heals rapidly and the patient is transferred to the ward in two days and discharged early. Without Rescue Remedy, such conditions take 7-10 days for the patient to return home.

Dr. Mathanagopal, M.B.B.S., D.A., former Anaesthetist in Govt. Hospital, Palani, in Tamil Nadu, reports:

“Thank you for introducing flower remedies to me. One hour before giving anaesthesia for surgery patients in my private practice, I give one pill of Rescue Remedy (chewable).

Compared to other patients, Rescue Remedy given thus, saves 150 to 200ml of blood loss, reduces post-surgical pain,

fever, oedema etc. Thus, there is less need for giving pain-killers and antibiotics.

“In scorpion sting, snake-bite and other unknown poison bites where the patient is brought in critical condition, I give one pill orally; in addition, I dissolve five pills in half-an-ounce of plain water, soak gauze into the solution and apply it locally. Moments later, pain, swelling etc., disappear magically and much to the surprise of my colleagues.”

Sr. Claire, I.C.M., School of Deaf and Dumb, Chennai-6, a Christian missionary health worker (ph: 09443077935) was travelling in an omni bus from Chennai to Dindigul. To avoid a cyclist the driver applied sudden brake and the bus skidded to the extreme left side of the road and fell into a not so deep pit. Soon it was a scene of screaming and crying passengers with bleeding and pain. The driver was bleeding profusely from head and his head fell on steering wheel and he became unconscious. Sr. Claire opened a phial of Rescue Remedy and started putting one pill into the mouth of all the injured. Soon the bleeding, crying etc. stopped. She put one pill into the mouth of the driver also. Bleeding from head had stopped completely. He regained consciousness, got up and started walking as if nothing had happened to him! The passengers got down, pushed the bus to the centre of the road and continued the journey, what would otherwise mean arrival of an ambulance, hospitalisation of the injured, stranded passengers waiting for another bus etc.

You are a trauma specialist with Rescue Remedy in your pocket!

What would you get by learning and using these remedies?

A Tamil saying tells that what all we have so far learnt/studied is only the size of a handful of sand; what we are yet to learn is the size of our whole earth. Unfortunately, even out of the handful of what we have learnt, more than ninety-nine per cent is incomplete or incorrect. Supposing even a two per cent of what we have learnt/studied is correct, we would by now be living the life of a *maharaja* (emperor).

Bach Remedies enable you know the meaning, value and significance of various things *exactly and accurately*. Precision is the culture of Bach Remedies. Thus, by taking suitable Bach Remedies all your difficulties dilute away and thus you are able to increase your income and lifestyle.

To illustrate our claim that 99% of what all we have studied/learnt is wrong, let us go to the following few questions and learn how exactly Bach Remedies give the correct answers to them:

1. What is the use of encyclopaedias?
2. How does a medical doctor get *Midas touch*?
3. What is the right and only solution to cure addictions?

Use of Encyclopaedias:

Almost all readers, even a college professor would say that an encyclopaedia is a reference book to know all about a particular thing. That use is a low-key approach.

The correct answer is something different. To prove this, let us quote some medical cases here:

A middle-aged westerner with pain in his left knee for two years came to me for treatment after trying various specialists in vain. After listening to his complaints and looking at him I

directed him to a dentist to remove any decayed tooth because that particular knee pain of his was due to that.

He insisted that I should see the X-ray and clinical laboratory test reports taken on the advice of chief ortho doctors in the city. I refused and so he went away. He continued with drugs, physiotherapy etc. Six months after this, he got retirement and went to his motherland Canada. There he consulted his family physician for his knee pain. That doctor too, after looking at him, directed him to a dentist.

When he went to the dentist, after examining the teeth the latter asked him whether he had been having knee pain for two years. Telling that the knee pain was due to a decayed tooth, he removed it; the very next day his knee pain vanished permanently.

Now the question is why it was possible for the author of this book as well as the Canadian doctor to diagnose that the decayed tooth was the cause for his knee pain, while the doctors in Chennai were giving drugs, recommending physiotherapy etc. The answer is very simple. That Canadian doctor and I have studied *British Encyclopaedia of Medical Practice* (12 volumes) as a textbook. So, there is no chance of our making wrong diagnosis; also no need to send a difficult case to a so-called senior physician etc.

How did the author of this book come to know the exact use of encyclopaedias?

The Bach Remedy called *Cerato* enabled the author to know and learn the correct use of encyclopaedias.

From the Bach Remedy Cerato we learn that

Textbook is for passing an examination to get a degree or diploma.

Encyclopaedia is the textbook for professionals to become a wizard in their respective field, if any one has written an encyclopaedia on the subject of his profession.

Real causes of diseases/sufferings of men is known by the use of Bach Flower Remedies alone; nowhere else do we get correct answers for our problems and sufferings.

Let us examine one of the social evils *viz.*, ‘addiction’ and learn as to how Bach Remedies reveal the only right solution:

Walnut is the name of one of the thirty-eight Bach Remedies and it is for all types of addictions and bad habits *i. e.*, where the patient is doing *one and the same bad thing repeatedly over and over again with his fingers/hands*—chain smoking, drinking alcohol daily, tobacco chewing, taking several cups of coffee/tea, thumb-chewing in children or nail biting in elders.

Wherever we prescribed Walnut for addictions the addicts not only gave up the habit but also soon started learning instrumental music (or painting) and soon started performing in stages earning Rs. 500 to 1000 for each two-hour performance as compared to their earlier income of mere 5-7 thousand rupees that too working as an office staff for 8 hours x 30 days.

The question now before us is, “What has ‘playing instrumental music or painting’ to do with addiction?”

In both cases, the person does *one and the same thing repeatedly over and over again with rhythmical movement of his fingers/hand.*

Smoking cigarettes or nail-biting or taking <i>ganja</i> is the ‘NEGATIVE’ aspect of the Bach Remedy Walnut.	Playing instrumental music or painting is the ‘POSITIVE’ aspect of the same remedy.
--	---

From the above we infer that mighty Nature tells all addicts: “I sent you on earth to learn and play instrumental music (or painting) and earn 1-2 thousands daily. But you did the mistake of studying science or accountancy to earn a mere few thousand rupees once a month only. *To remind you of your job on earth* I made you an addict. At least now realise your mistake, take *Walnut* and start learning instrumental music and earn a few thousand rupees for each 2-3 hour performance.”

Addiction is not a punishment given by Nature but a chiding only.

Thus, Bach Remedies *DO NOT ‘TREAT’ OR ‘CURE’* human beings but change them from ‘negative’ to ‘positive’ types. On one hand Walnut enables addicts completely give up the bad habit; on the other, it simultaneously enables them to learn and master instrumental music/painting, irrespective of their age.

We, therefore, call Sitar Ravishankar of North India and Veena Gayathri of Tamil Nadu as “POSITIVE Walnut-type persons.” Had the parents of these instrumentalists done the mistake of discouraging their learning instrumental music and insisted on their becoming a graduate, they would have ended up as a diploma/degree holder and working in an office for a mere 5-10 thousand rupees per month and later becoming the worst addicts to alcohol, drugs etc.

From the above, we get the lesson (by the study of Bach Remedies) that in de-addiction centres we must employ teachers of instrumental music/painting and this alone is the only and correct solution to cure addictions. Will the concerned authorities wake up at least now?

Now to another Bach remedy called *Cherry Plum*:

This remedy is to be prescribed for the following symptoms:

- (i) mind giving way; or fear of loss or reason;
- (ii) irresistible temptation;
- (iii) suicidal disposition (mind giving way).

‘Uncontrollable’ anger, unbearable thirst, insatiable appetite, cannot wait for food when hungry.

A diabetic patient with Cherry Plum negative mentality cannot avoid sweets on seeing it when served in dinner parties.

Suicidal disposition: “Person commits suicide because of unbearable chronic abdominal pain that resisted treatment by the best doctors.” Cherry Plum, cures the underlying pathology and so the pain is cured completely and permanently. Not only colic. For that matter any disease that makes the sufferer cry or weep with pain.

“Man commits suicide due to poverty.” This also we occasionally read in the dailies.

Again in the case of suicidal disposition due to poverty, when Cherry Plum is prescribed it gives the victim sufficient mental balance to find ways and means of earning sufficient money; so the suicidal disposition disappears.

Persons who weep with ‘unbearable’ pain in body (whatever may be the name of his disease).

Cherry Plum is not a painkiller but it cures the underlying pathology and so the pain stops.

The best place to illustrate the use of Cherry Plum is the labour ward in any maternity hospital.

(Bach Remedies are thirty-eight in all. Every person would be of one remedy-type only at a given time. Thus, roughly three out of every hundred persons would be Cherry Plum type). Go and stand in the veranda of any labour ward at midnight and you would be hearing the shouting, crying or weeping of three out of every one hundred expectant mothers. The child wants to come out but the mouth of the uterus does not dilate. Thus, it causes “unbearable” pain making the mother cry. We gave Cherry Plum at this time to these ladies (say, 1-3 doses every 5-15 minutes). Soon they had normal delivery. At this point please do not note that Cherry Plum is for “easy delivery.” Not only painful delivery but in all diseases or problems in life where the affected person cries/weeps with ‘unbearable’ pain (or resorts to suicide) Cherry Plum is to be prescribed and it cures him. In the case of life problems making them resort to suicide, the remedy enables them to automatically find ways and means to solve their problems.†

I called aside the above ladies to whom Cherry Plum was prescribed for ‘unbearable pain’ and advised them to take daily one dose of the same remedy. They said, “Sir, we have delivered the baby. Why more medicine?” I advised them that this remedy would enable them to know as to why they got such ‘unbearable’ labor pain for hours together and also to prevent all future sufferings (be it bodily diseases or problems in life) making them weep or cry. They started taking the remedy. After a few weeks it was noticed that all of them started learning vocal music (irrespective of their age) and after a year or so were performing in music clubs and stages and their income multiplied several-folds.

†When his *reputation is at stake* a person commits suicide. This symptom is covered by another Bach remedy *viz.*, Agrimony.

Mighty Nature indirectly tells the above ladies: “I sent you on earth to learn vocal music and earn several thousand rupees. But you did the mistake of choosing an unsuitable profession to earn a few thousand rupees once a month. To remind you of your work on earth, I gave you that unbearable labor pain. At least now realise your mistake, start taking the Bach Remedy Cherry Plum which not only reduces your prolonged labor pain, but also simultaneously enables you learn vocal music and earn several-fold of your previous monthly income.

The question now before us is, “What is the connection between ‘vocal’ music and ‘crying with pain or problem in life?’” In both instances, ‘voice’ is used continuously in high pitch.

From the Bach Remedy CHERRY PLUM, we learn that those weeping/shedding tears should start learning vocal music.

<p>We call ‘weeping with pain or resorting to suicide due to problem in life’ as ‘NEGATIVE ASPECT’ of Cherry Plum.</p>	<p>‘Singing’ is the ‘POSITIVE ASPECT’ of the remedy.</p>
--	--

We may, thus, call Michael Jackson or Madonna of the West and M. S. Subbalaxmi, Sudha Raghunathan, Sowmya of South India and Latha Mangeshkar of North India as positive *Cherry Plum* type personalities. Suppose, parents of these vocalists had insisted on Bank job, academic education etc., by now they would have developed problems in life or diseases making them weep or cry with pain.

† Tongue/throat is used to make noise/voice as well as to taste delicious food. Therefore, another use of the Bach Remedy *Cherry Plum* is “irresistible temptation” “unable to observe food restrictions.”

Let us now look at some more Cherry Plum negative type persons (who too would become No.1 singers after a course of Cherry Plum).

1. Those taking more soft drinks every time they go in the hot sun; ('unbearable' thirst)
2. Those short-tempered persons who shout and scream in anger. 'Uncontrollable' thirst, 'uncontrollable' anger, appetite etc. are the symptoms of Cherry Plum.
3. Those who cannot observe diet restrictions. "Irresistible temptation."
4. Those resorting to suicide to put an end to their pain in abdomen when the best doctors failed to cure them with their medicines.
5. Persons committing suicide due to poverty.
6. Parents beating their children in anger.
7. Teachers and masters beating their students in anger because the latter is not learning in spite of repeated coaching.

By now, the reader would have learnt what we mean by 'positive' and 'negative' types. We find that there are thirty-eight types of persons only in the world. If a person is positive, he need not take any Bach remedy. Negative type may take his respective remedy to become positive. This is the secret of Bach remedies and that is why it is able to cure gently, quickly and permanently that too without any side effects.

ADDICTION AS VIEWED IN THE SYSTEM OF BACH FLOWER REMEDIES:

[In de-addiction centres one and the same drug is given to all alcoholics. Persons thus treated, of course, give up taking alcohol and does not take even if it is given to him. But, because of the side effects, he becomes dull, stupid, lazy, lethargic etc., and is unable to concentrate in discharging his official duties and responsibilities at home. Alas! After six months, when the drug goes out of his body, he starts consuming double the quantity of what he had been taking originally. It is a stereotyped method where humans are treated like animals and thus the patients suffer from side effects.]

This is because one and the same remedy is given to all addicts (as done in veterinary practice) for alcoholism.

In Bach Remedies system we do not treat ‘addiction’ but we treat ‘personalities’ of the addicts. Hence no side effects. We *individualise* the victims.

Let us examine a few alcoholics. The type of classifications on the next page is not anybody’s theory but they have been in existence from time immemorial.

(A) REGULAR (DAILY) DRINKER/CHAIN-SMOKER

Name of the Bach Remedy	Symptom of the victim (addict)
WALNUT	Here, it is a matter of sheer habit. The question of giving up alcohol/tobacco does not arise because the victim does not even think of making an attempt to give up this habit. For once, if he misses his drink, his hand would shake and subsequently suffer from withdrawal symptoms. This is a clear case of addiction indeed .
SCLERANTHUS	At night he firmly takes a vow that from the next day he won't take alcohol and promises his wife too. But the very next day the same old story is repeated. This is <i>not</i> addiction but unsteadiness of mind (Irresolution).
AGRIMONY	Does not take alcohol for 'kick' as the first said Walnut-type persons. But to forget his worries at home when some dishonourable events has happened like the elopement of his daughter, his wife living with another person etc. One day he suddenly starts drinking to ventilate his suppressed emotions and grief.
VINE	Drinks not necessarily for 'kick' like the first said <i>Walnut-type</i> . He wants to put up a show before others that he <i>does</i> drink— The status monger . Therefore drinks imported stuff like scotch etc. This would be further evidenced by the fact that in his house we find in the hall, empty biscuit brandy bottles neatly kept in a showcase.
CHERRYPLUM	He decides to give up the habit and has completely stopped it. But when he happens to see the bottle or someone smoking, he would take a peg (or a cigarette) and no more after that, till such time he again sees the bottle/cigarette packet. A case of irresistible temptation indeed. (Mind giving way.)

(B) OCCASIONAL DRINKERS:

Name of the Bach Remedy	Mind symptom of the person taking alcohol
WILDROSE	This type persons are not regular drinkers. They drink to 'enjoy' life or to celebrate once a while, like for example, on the first of every month when they get their monthly salary or, on the day of receiving yearly bonus; or, on the date of getting arrears etc., and on occasions like promotion, transfer, wedding party etc. (celebration!) Enjoyment of life!
HORNBEAM	These types of persons are neither 'addicts' nor are they fond of the 'kick' feeling. They are tonic mongers or strength-maniacs . Drinks 'wine' or 'brandy' only, because these two are said to be good for health. (It is said that one drop of wine is equal to one drop of blood!) They are over conscious of nutrition, vim, vigour & vitality. They have forgotten that 'health is wealth' and wrongly think that 'strength is wealth.'
CHICORY	Here he is a miser . He does not drink by buying from the liquor shop. But when available 'free of cost' such as in parties etc., even though he does not know how to drink, he gulps down <i>as much as possible</i> and comes home and vomits all. (The regular drinker knows his limit and does not overdose himself.) Persons like waiters working in Army Officers' Mess and top-executives attending parties quite often resort to this type of drinking.
MIMULUS	Here is the nervous fellow who has the fear-complex, drinks to become bold. These types take liquor just before encountering his rivals.

Thus, we call Bach Remedies as human medicine because every victim/patient is individualised.

Again, let us reiterate, here we are not doing any psycho-analysis of addicts, but in the above table, we have just and only given the classification *as it exists* and found by every one of us, from time immemorial.

The names of the 39 Bach Remedies are:

- | | |
|-----------------|-----------------------|
| 1. Agrimony | 21. Mustard |
| 2. Aspen | 22. Oak |
| 3. Beech | 23. Olive |
| 4. Centaury | 24. Pine |
| 5. Cerato | 25. Red Chestnut |
| 6. Cherry Plum | 26. Rock Rose |
| 7. Chestnutbud | 27. Rock Water |
| 8. Chicory | 28. Scleranthus |
| 9. Clematis | 29. Star of Bethlehem |
| 10. Crab Apple | 30. Sweet Chestnut |
| 11. Elm | 31. Vervain |
| 12. Gentian | 32. Vine |
| 13. Gorse | 33. Walnut |
| 14. Heather | 34. Water Violet |
| 15. Holly | 35. White Chestnut |
| 16. Honeysuckle | 36. Wild Oat |
| 17. Hornbeam | 37. Wild Rose |
| 18. Impatiens | 38. Willow |
| 19. Larch | 39. Rescue Remedy |
| 20. Mimulus | |

Note: (1) Out of the first thirty-eight in the above list, each one contains trace quantity of a particular wild flower. The remedy *Rock Water* at Serial No. 27 alone is not from a flower, but it is merely water collected from natural springs found among hard rocks.

(2) *Rescue Remedy* at Sl. No. 39 is a mixture of the five remedies at serial Nos. 6, 9, 18, 26 and 29.

SALIENT FEATURES OF BACH REMEDIES:

- * There are just thirty-nine remedies only.
- * No elaborate head racking study. It is very simple and easily learnt.
- * There is absolutely no diet or other restrictions.
- * No contra-indications.
- * It can be taken at any time, not necessarily before or after food.
- * They are available in the form of “ready-to-take” sweet pills.
- * There is no need to swallow the pills with water; just to be chewed. Easily carried during journeys.
- * To those who refuse medicine, the pills can be dissolved in their drinking water, coffee/tea etc. This does not cause discolouration of the water or emit any smell.
- * There is no expiry date for these remedies. [Anything kept dissolved in honey, alcohol or cane sugar retains effects life-time.]
- * They are absolutely safe, non-habit-forming and even if wrongly used or taken in over doses, do not produce side effects.
- * There is no question of withdrawal syndrome.
- * They can be given to persons of all ages, the newborn babies as well as to women at all months of pregnancy.
- * They can be taken while you are on other medicines/ treatment because they do not interfere with the action of other treatments.
- * Up to five medicines can be taken together at a time.
- * They can be repeated as often as required. In chronic diseases, once or twice daily.

- * The effects are almost instantaneous and the effects are seen with the very first dose.

HOW TO STUDY BACH REMEDIES?

A lady was in bed in a hospital after abdominal surgery for removal of a cyst. Even three days after the surgery, she was weeping/crying with pain and in the night the pain did not allow her to sleep. (In many post-surgical conditions this is more or less the case).

The two things here are:

- (a) pain makes the patient weep/cry;
- (b) the pain does not allow her to sleep.

On these very symptoms Bach Remedies are prescribed, as under:

(1) **Cherry Plum** would cure any underlying pathology that makes the person weep/cry with pain.

(2) Any complaint that does not allow the patient to sleep or disturbs his sleep or wakes him up from sleep—the name of the Bach Remedy for this state is **White Chestnut**.

When these two remedies are prescribed they cure the underlying pathology—slow healing of wound. Therefore the pain stops and so the patient gets good sleep.

In other systems, at the most, the doctor may prescribe a painkiller and a sleeping pill. It may stop the pain for a few hours but soon there is a relapse. They have no medicine for quick healing of wounds. They have no remedy for diseases that make the patient weep or cry with pain; they have no specific

remedy for curing any disease that do not allow the patient to sleep.

Thus, Bach Remedies are prescribed on conditions *as we see with our naked eyes* and not on the names of diseases.

1. The Bach remedy **White Chestnut** will cure any complaint that disturbs or prevents our sleep.

2. **Cherry Plum** is for any pain that makes the person cry/weep (whatever may be the underlying pathology, call it slow healing of wounds, ulcer, cancer, appendicitis etc.)

Cherry Plum is *not* a painkiller and **White Chestnut** is *not* a sleeping pill.

For selecting the appropriate remedy we do not consider the disease, its name or underlying pathology that are in the interior body but only their outward manifestations.

Short Notes on some of the 38 Bach remedies for ready use by the readers. (We are writing below only after repeated verifications.)

Agrimony: Wherever you have to ‘contend’ ‘argue’ or ‘fight’ for your right; or, have to go to court or police to collect your dues or to stop a person from harassing you. Also, wherever you have to bargain. Sell your house without paying brokerage and without bargaining, at a reasonable price. Also, to get things done in short-cuts. After any heated argument with any one, start taking this remedy one pill every half-an-hour, total 5-10 doses and by this alone you can realise the value of Bach Remedies; not by merely reading this book. This remedy Agrimony is almost a tonic for lawyers and brokers. Also, for those who turn to alcohol to ‘suppress’ their emotions and hide worries.

Those who often cracks jokes should take Agrimony daily 1-2 times for six months and this would cure all their diseases.

Aspen: Vague and unknown fear. Otherwise called “free floating anxiety” in psychiatry. The fear comes of its own and after remaining for an hour or more, goes off of its own. Also, useful when you have to go to any office for the first time to get a job done. Hesitation with strangers. This remedy is almost a specific for shyness and timidity.

Beech: The tip-top man who is over-conscious of order and form—external appearance. The so-called disciplined person. Very strict. Follows rules and laws to the core. This remedy is a tonic *par excellence* for make-up man, architect, design engineer, photographer, ready-made garment shop owners, judge, compilers of dictionaries and

authors of text-books. If you want to renovate your house or re-arrange things in your house/office, take this remedy Beech along with another Bach remedy *viz.*, *Cerato*, daily once for a week or two prior to such re-arrangement/renovation. Those who often tells proverbs. Such persons would start writing a text-book after taking Beech for 2-6 months.

Centaury: Weakness after acute illness. So-called debilitating diseases—jaundice, typhoid, flu etc. Otherwise called *convalescent period*—time required to recoup the lost health and strength. What would otherwise mean 3-5 days to get back lost health after acute illness, with three doses of Centaury taken, every four hours, you can be back to office in just a day's time. Also those who are meek, polite and submissive; becomes willing slaves to others. They are used as door-mats. Cannot dominate others. Unfit to be a manager or in a supervisory cadre.

Cerato: Excellent for children who imitate others' mannerisms—imitating their parents/teachers.

Also, for those who often change their set-ups in office/home. Tonic *par excellence* for those running spare parts shops or departmental stores. Also who often changes various branches in their professional line. Say, a law graduate first starts working as a lawyer in a court; then starts teaching in a law college; then starts running or editing a law journal. Does not change his line 'law' but various options available in the law field that he is not able to decide. [Those who change their profession—from law to medicine, from medicine to real estate—need another Bach remedy Wild Oat.]

This remedy is excellent for those who deal with public at large—public relations officer, enquiry clerk, vocational

guidance bureau, HRD and cine actors: all these persons would go to the top in their field if only they start taking this remedy *Cerato* along with *Beech*, *Walnut* and *Chestnutbud*, daily once, for 2-6 months. If you want to get information about anything do not inquire your neighbours and colleagues. Start taking *Cerato*, thrice daily and in twenty-four hours someone automatically brings that information to you or you come across the right person who would supply that information to you. Keep the words 'variety', 'filing system', 'deptl. stores' 'spare parts shops', 'mimicry', 'PRO', 'encyclopaedia' and you would understand this remedy better. In the case of those who do mimicry or runs spare parts shops or deptl. stores, those quite often changing their line of activity (working as a lawyer, then teaching in law college, then changing to editing a law journal etc.) if these persons start taking *Cerato* daily twice for 2-6 months, they would start writing an encyclopaedia for a subject and this would be sold overnight more than ten thousand copies.

Cherry Plum: Weeping/crying with pain; shedding tears even for slight setbacks. Mind giving way or loss of reason. Anger, short-temper, gnashing their teeth in anger. The so-called emotional types. If these short-tempered people take *Cherry Plum*, soon they would become No.1 vocalists earning in thousands for each 2-hour performance on the stage. (For bad habits such as nail biting, thumb chewing, smoking, drinking, taking several cups of coffee or tobacco chewing etc., the Bach remedy *Walnut* taken thrice daily, would automatically enable them learn instrumental music and in a year or two, such persons would be earning ten times of their earlier job as a bank officer etc.). 'Unbearable.' Keep that word in mind. Unbearable pain, unbearable thirst, cannot

wait for food when hungry. Irresistible temptation. Those who cannot observe fasting or observe diet restrictions.

Chestnutbud: Tell lies to escape. Those who do not learn from their mistakes. Almost a specific for school boys who fail in single subject or those who get single digit marks. If the maidservant is not doing the job properly mix one pill of this remedy in her coffee that you give her daily and soon she would do the work with full responsibility. Also, if a gold chain is stolen and if you suspect the maidservant, give Chestnutbud to her in water or coffee/tea and start the topic. If she has stolen she would come out with the truth. No need for third degree treatment in lock ups. If anyone is coming to the court to tell false evidence against you, you take Chestnutbud before going to court. Once he looks at you he cannot give false evidence. He would come out with the truth. If you find any difficulty in learning a subject, take Chestnutbud daily one pill and soon you master it with ease. Not only any subject but also arts, take Chestnutbud daily and you learn without mistakes.

Chicory: Selfishness; possessiveness; always bargaining, asking for concessions, reduction, discount. Before going out for shopping take a dose of this remedy and you would not make useless purchases. Also, the shop-keeper won't dump substandard stuff on your head. Chicory increases your charisma. While going out to collect donations, or bill collectors, or before going out to ask for recommendations or favours, take a dose of this remedy. Excellent for salesmen, door-to-door canvassers etc. Chicory is also for those who cannot sleep alone in a house. Homesick. Nostalgia. Cannot go alone for shopping etc. Wants a company. Chicory is almost a specific for those who borrow money at the end of every month. Month-end deficit budget.

After taking Chicory, money won't fall from the roof, but this remedy enables them to write a deptl. exam. to get promotion to the next cadre or they start doing a side business or part-time job or get a better new job. That is Bach Remedies! **What you reasonably want and deserve**, and if you are not getting, the correct Bach Remedies would enable you get that. It is not He-man story or magic. Bach Remedies have life-giving principle.

Clematis: The day dreamer. "One day I would be such and such big person..." That day never comes. Those who lose money in buying lottery tickets or share business.

[For knowing the positive aspect of this remedy for solving problems and curing diseases almost instantaneously read MEDITATION on page 81.

Crab Apple: Persons needing this remedy are sensitive to dirt, filth, contamination, contagion, infection, sepsis, ugliness etc. They avoid using toilet in school/cinema theatre and in their friends' houses. There are extreme Crab Apple-type persons who would even wash their hands after shaking hands with others. These persons do not use others' soap, towel etc.

Another type person of this remedy is "sensitive to his external appearance (before others)." Pimples in the face of teenage college girls, grey hair, baldness etc., are cured by Crab Apple. Those who use wig or use hair-dye, we call Crab Apple type persons. **Thus in some cases the body language indicates the Bach remedy needed for him.**

This Remedy is for those who are over conscious of filth, dirt, contagion, infection, bacteria etc. and so who often uses dettol to wash their hands or for sweeping the floor of their house. **THIS REMEDY IS ALMOST A SPECIFIC FOR VARIOUS SKIN AFFECTIONS** if the person feels that it

makes him ugly before others. Also, foreign body sensations inside their body. To increase the height of short stature persons, if below twenty-five years of age. Sand sensation in eyes. Pricking, stitching sensation inside the body anywhere. Itching of skin. In backache or leg pain, feels to cut off that painful portion and keep it aside.

Elm: For those who have a group of persons under their guidance. The team leader. For top-executives, Chairman of group companies, Teachers, Coaches, Principals & Headmasters. Those who have several people under their control and manage them. School/College teachers. Works Manager, Personnel officers.

Also when you have to manage a job or work single-handedly without previous experience or knowledge of such things. Businessmen to get more customers. [The Bach remedy *Impatiens* is for junior executives and Elm is for top executives.]

If you are a teacher, lecturer or professor and if you start taking the three Bach Remedies together (Elm, Chestnutbud and Walnut), soon you not only get Teachers award at all-India level but also at International level. If principals of schools/colleges start taking these remedies, their institutions would soon become another Oxford or Cambridge. Our poor graduates flee to foreign for a job. But they can achieve international status by remaining in India merely and simply after taking for 2 to 6 months the Bach Remedies Elm, Wild Oat, Larch, Chestnutbud and Walnut, all together daily once. Remember, these remedies won't make you fetch a better or lucrative job but would make you another Bill Gates or Shakuntala Devi.

HOW CAN WE SAY THAT BACH FLOWER REMEDIES ARE EFFECTIVE IN SHAPING EVERY ONE'S PERSONALITY?

We have already said that all these flowers are available together in English forests alone. The aroma of these flowers carried by the flower dust and spread by winds have been influencing the British people from time immemorial and making them No.1 in all fields.

How can we say that the British are No. 1 in the World?

Radio stations of many countries relay B.B.C. news, but B.B.C. does not relay news of other stations.

The highest respectable qualification in medical practice is F.R.C.S., M.R.C.P. etc. These can be acquired by studying in England alone. The richest Gulf countries have accepted and adopt these parameters for employing doctors in their hospitals and M.B.B.S., M.D., or M.S. from India hardly get a place.

To study Economics, London School of Economics is the most prestigious institution and to get admission is not an easy task. And the fees? A whooping twenty lakhs! Again, those Indians who have studied Law in England (Barrister-at-law) have opened offices all over Europe. This qualification is recognised internationally.

We are not writing all these to praise Englishmen, but the focus is on something else.

How is it possible for the British to be No. 1 in many fields? Even in games, the most popular and most loved one is cricket. The origin of this game is England.

And now, the secret of their being No. 1:

It is only because of the effects of thirty-seven wild flowers in abundance in their natural habitat in English forests only. The aroma of these flowers has been influencing the British for thousands of years.

WHY SHOULD ALL OF US KNOW AND LEARN DR. BACH FLOWER REMEDIES OF ENGLAND?

"Heuristic" method is a way of learning without a teacher. The student has to find out and learn things by himself. Perhaps, most of you have not heard of this method.

HEURISTIC METHOD and WHY SHOULD WE KNOW ABOUT IT?

Take any subject—psychology, geometry, astronomy etc. The first person who introduced that as a subject of study found out and formulated it by himself and not by studying under any teacher.

Maths wizard Shakuntala Devi, who had not entered a college was given a brand new Benz car (worth Rs.30 lakhs) free of cost when she challenged the latest computer in Benz car manufacturing company of Germany, did a complicated calculation mentally and gave the answer speedier than the latest computer. She became a wizard in calculations not by studying B.Sc. or M.Sc. (Maths) in any college; she is a mere S.S.L.C. or Tenth Standard.

Nor did Mahatma Gandhi study *ahimsa* (non-violence) in any college. He became the father of Indian nation not because he was a barrister-at-law. Nay, most people do not know that he is a foreign qualified law graduate!

Nor had Oxford studied English literature in any college to compile world famous Oxford dictionary. He studied up to 9th standard and discontinued his school.

Our arts colleges/universities all over the world are not able to bring out a better compiler of dictionary than Oxford.

Number one author of World History is H. G. Wells. Alas! He was a science student and he did not study B.A. or M.A. (History) to become No.1 author of world history.

If you want to end up as a mere breadwinner by earning 5-10 thousand rupees per month, you may mug up notes aspiring to put the title “M.A.” etc., after your name. But if you want more servants to wait on you like Oxford, Shakuntala Devi etc., and if you want to get an income proportionate to your expenses and requirements, then heuristic method is there for you.

“What should I now do to find a fine new thing/subject by heuristic method?” Some of you may wonder!

Our answer is, ‘For that, you have to free yourself from the undesirable effects of tradition, descent etc.’

Again your question would be: “How can I do that?”

Answer to this question comes from Bach Flower Remedies of England.

HOW ARE BACH REMEDIES PRESCRIBED?

The remedies are prescribed not on nomenclature of disease but on the words used by the sufferer or his reaction to his illness.

For example, let us take an actual case of five persons, all of whom developed pain in abdomen, after taking food in a restaurant. In other medical systems, a doctor would prescribe uniformly one remedy to all the five persons for ‘food contamination.’

Let us now listen to each of them.

Shyam: “In hotels they don’t meticulously clean the plates; they simply dip the plates in a bucketful of water and that is all. Probably someone with infectious or contagious disease might have taken food before us and through the bucketful of water it might have spread to all of us. That is why we have this abdominal pain.”

Arun: “They use half-perished vegetables and substandard oil for cooking. They want to make more money and we are suffering because of them.”

Patel: ‘Hotel food never agrees with my belly. I always try to avoid it. Had I avoided it this time, I would not have got this pain.’

Anand: “Probably I might have committed some sin and I am now paying for my past sins with this abdominal pain.”

Raghuram, on his part, tells: “I am afraid that we may develop diarrhoea and vomiting and consequent dehydration. Better, we see a doctor immediately.”

In the above five instances, though the complaint is uniform in all the five individuals, *viz.*, abdominal pain, the reaction or words used by them are totally different from one individual to another.

Name of person	Expressions	Keywords (Symptom)	Relevant Bach Remedy
Shyam	“In hotels they don’t meticulously clean the plates. They simply dip the plates in a bucketful of water and that is all. Probably someone with infectious or contagious disease might have taken food before us and through the bucketful of water it might have spread to all of us. That is why we have this abdominal pain.”	Over-conscious of filth, contamination, contagion etc.	Crab Apple
Arun	“They use half-perished vegetables and substandard oil for cooking. They want to make more money and we are suffering because of them.”	Blaming others for his difficulties	Willow
Patel	“Hotel food never agrees with my belly. I always try to avoid it. Had I avoided it this time, I would not have got this pain.”	Regret	Honey-suckle
Anand	“Probably I might have committed some sin and I am now paying for my past sins with this abdominal pain.”	Guilt complex or self-contempt	Pine
Raghu-ram	“I am afraid we may develop diarrhoea and vomiting and consequent dehydration. Better, we see a doctor immediately.”	Fear of known cause	Mimulus

Practitioners of other medical systems would simply ignore the above statements and they would treat all of them for food contamination and it means hospitalization, taking medicines for a few days etc.

But, in Bach Remedies, the cure is almost instantaneous. Each herb corresponds with one of the qualities and its purpose is to strengthen that quality so that the personality may rise above the fault that is the particular stumbling block.

On reading the above, most readers at once may rush to the hasty but wrong conclusion that this system is based on psycho-analysis and they must be expert in psychology to 'probe deep into the mental faculty of the patients.' No, not at all.

Of course, a patient walks in with a physical complaint, but if only we allow them to continue, they invariably end up with a mental symptom. **It is, therefore, the real cause behind the disease which is of utmost importance, the mental state of the patient himself, not the condition of the body** (Edward Bach).

It is more than sufficient if you listen to the patient allowing him to talk; nothing more and nothing less. The patient details his suffering. Those around him remark what they have observed about him. *The practitioner listens without interrupting him* to identify his remedy. Every interruption breaks the train of thought of the narrator, and all he would have said at first does not again occur to him in precisely the same manner after that.

Let us now study another Bach remedy *viz.*,

MIMULUS

Key notes: Fear of known things.

On superficial reading and study, most readers think that Bach remedies are for psychological states only, and that it is not useful for physical maladies; this is not so.

It is true that many patients do not come to a doctor for fear, restlessness etc. They come with physical diseases only. *But if we allow (and only if we allow) them to continue his talk* he will invariably end up with a mind symptom.

The patient details his sufferings. Those around him remark what they have observed about him. The practitioner listens *without interrupting him.*

Write this on the wall “without interrupting.”

Every interruption would only break the train of thought of the narrator, and all he would have said at first does not again occur to him in precisely the same manner after that.

A lady walked into my clinic telling a history of two months headache and ultimately ended up by saying that she was afraid whether it may be brain tumour.

I prescribed *Mimulus* to be taken two pills thrice daily; it cured her headache.

Here, this patient walked in with a physical malady *viz.*, headache, but ended up by telling ‘fear.’

In very rare number of cases, where a patient does not talk much, that in itself is a symptom called *taciturnity* and the Bach remedy *Agrimony* covers it.

One must improve his faculty of listening to the patient. That is all what is required for being a successful practitioner.

The talkie-talkie loquacious person will be Number One failure and so is unfit to practise Bach Remedies. The unprejudiced and careful observer who simply listens to the very words coming from the mouth of the sufferer, without interrupting him, would only wait till he gets what he wants—some words / phrases indicating a Bach remedy.

THE PATIENT HIMSELF TELLS HIS REMEDY.

The remedy *Mimulus* is for fear of known cause; fear of death during the course of serious acute disease; “fear of cancer” and so on.

In patients needing *Mimulus*, it is about a particular known thing that he is afraid of; the fear may be unwarranted also.

Some examples are:

“Fear of taking an injection.” We call such persons “nervous types.”

“Fear of high places;” “fear of the boss in office.”

“Fear of robbers, accidents, etc.”

“Fear of electric current” and so is afraid of handling electrically-operated appliances.

“Fear of darkness” (But, if this is ameliorated in company, *Chicory* is the remedy.)

“Fear of using the razor in shaving, of dogs, of oxen.” When he has to go out and meet a big person, he becomes nervous.

[For “fear of snake” see another Bach Remedy Rock Rose. (extreme fear or terror, panic)]

To a lady in whose house there were lot of cockroaches of which she was afraid, *Mimulus* was given thrice daily; after a week she remarked: “I am not afraid of cockroaches now...”

Some children are afraid of the class teacher; some are afraid of a tall person with long moustache. Fear of father who is always strict and beats his children often.

Whenever a patient tells you of his trouble: “I am afraid it may be cancer” or “Will it spread?” or “Will it terminate in an fatal or incurable disease?” Then, irrespective of his ailment he is referring to, you can give *Mimulus*. It not only removes the fear from the mind of such persons but also cures the disease which he refers to with fear. “Fear of impending disease” all need *Mimulus*. Often we find this symptom in case of difficult breathing, pain in chest etc.

“I had pain in my chest last night. Will it turn into heart attack or will it be connected with the beginning of any serious heart trouble?” asked a lady. *Mimulus* cured her.

Mr. S. was admitted for cataract surgery. On the day when he was taken to the theatre he got frightened by looking at the surgical instruments etc., and his blood pressure shot up; hence surgery was postponed and he was given pills to bring down the blood pressure; next day also the same story was repeated and so on. *Mimulus* was given thrice daily and he was no more afraid of surgery and his blood pressure did not shoot up.

Mimulus and Chicory compared : “Fear of going alone in the dark.” May be it is the thought of ghosts or robbers which gives rise to fear. But, if the person says that in the company of someone he can go without fear in darkness, then *Chicory* is the remedy for him and not *Mimulus*. *Wherever fear is ameliorated in the company of someone and aggravated while alone, Chicory is to be considered.*

“I cannot sleep alone in a house. But, if there is one or more persons—even a small child—for company then I can

sleep even in a bungalow haunted by ghosts.” *Chicory* is the remedy for this state and no amount of *Mimulus* will help.

Auto rickshaw fellows in Madras City are just horrible. Every one is afraid of him. Before engaging an auto you may take one pill of *Mimulus*; he will talk politely and take us anywhere we want, without asking for extra money over meter.

Let us next study another Bach remedy ***Chestnutbud*** (We must keep in mind that the following can be cured only if C. T. scan shows no abnormality in the brain.)

This remedy has two symptoms:

- (i) Slowness in Learning;**
- (ii) Escapist Mentality.**

(1) Children who are slow in learning; in spite of tuition for each subject by different teachers and coaching by parents he is getting single digit marks only.

We call it “low *i. q.*, (intelligence quotient).” Slowness in learning is due to lack of interest and attention.

Here we must carefully note that the remedy *Chestnutbud* does not increase anyone’s brain power or capacity. It only and merely removes ‘lack of interest’ and ‘inattention.’

Thus, “low *i. q.*” goes out of terminology with Bach Remedies.

Some readers at once rush to a wrong conclusion that *Chestnutbud* will make all students get good or pass marks. No, not at all. (That routinism will not be tolerated in this system.)

(2) Let us now turn to look another class of students where the mother says,

“Doctor, if he sits and studies well, he would no doubt score first rank. But the problem with him is that he does not study much, but takes more interest in watching television, playing games with cell phones etc.”

In this case it is ‘laziness’ or ‘indifference to important things’. These boys study late hours just 1-2 weeks before examination. For these class of boys the Bach remedy is *Scleranthus* and when it is given they become prompt and punctual in their studies and score first rank.

(3) Away from the above two categories of students and examine another type.

A boy scores anywhere between 45 to 70% and you ask him why he is not getting first rank like the boy who stands first in the class. Listen to his reply,

“I cannot be like him. He is all great.”

Here he unnecessarily praises the first rank boy and comparing himself with him he says that he cannot be like him. A case of lack of self-confidence. *Larch* is the Bach Remedy for this boy and this remedy will make him score first rank.

You should not hastily conclude that by giving all the above three remedies, (*viz.*, *Chestnutbud*, *Scleranthus* and *Larch*) to all students we may make everyone get first rank. That is not a good practice. **You have to individualise each student by learning the symptom of various Bach remedies.**

(4) To a boy who was getting average marks, the above three remedies *viz.*, *Chestnutbud*, *Scleranthus* and *Larch* were given (to be taken together, daily one dose but this had no effect. The teacher came to us asking whether the remedies would not act in some boys. We asked the boy to be brought before us. From the description of parents we could easily conclude that he was

neither a *Chestnutbud*-type nor *Scleranthus*-type nor *Larch*-type.

We simply asked the boy as to why he failed. His reply,

“Fellows who do not know Chemistry have come to teach in my school to cut my throat.”

Here, he “blames” the teacher for his having failed in the examination.

Willow is the name of another Bach remedy for “blaming others for our faults.” This was prescribed to him and he got first rank in the following exam.

In yet another case of a boy, when asked as to why he failed, he replied, “Doctor, had I studied well I would have passed. It is my mistake. I spent more time in playing cricket, watching television etc. Had I been careful I would have passed in the exam. I now feel for it.”

In this case he ‘regrets over missed chances and lost opportunities.’ The Bach remedy for regretting over past mistakes is *Honeysuckle* and it helped him in the next exam to get very good marks.

It is the patient (his reaction) we have to prescribe for and not for “getting good marks.”

Bach remedies can be given to all ages and ladies at all months of pregnancy.

Like this you must know the classifications of the 38 remedy-types. Then prescription becomes easy.

Learn the subject first and then start prescribing for addiction, for students poor in studies, for increasing one’s income, strategies, dimensions etc.

Otherwise, if you ask us names of remedy for ‘memory power’ etc., you cannot practise Bach remedies.

You cannot make Bach Remedies to fit into your classifications, *et hoc genus omne*, but learn the classifications as it exists in the humanity from time immemorial and use the Remedies accordingly.

Let us now see how “slowness in learning” operates in some persons:

In learning cycling, daily there should be gradual progress. But even after ten days trial there is no progress but what learner got was injuries by falling down. What would he say next? “I do not want cycling.” Escapist mentality indeed. Chestnutbud would make him learn easily.

Let us examine the symptom ‘Escapist mentality.’ Every thief would only try to escape. If all thieves would come forward and accept their crime, there is no need for police stations, court, or prison.

In police stations proportionate to the torture the culprit gets, he will admit the theft committed by him. But third degree manners, torture, and lock-up deaths would go out of terminology with Bach Remedies. To the suspect, those sub-inspectors (who have learnt Bach Remedies system) would give a glass of water after dissolving a few pills of the remedy Chestnutbud into it. In a few minutes time, the thief would voluntarily disclose not only the theft committed by him (for which he had been arrested on suspicion) but all other thefts committed since long.

Chestnutbud is not a truth finding medicine. It simply removes “escapist” mentality which is undesirable and a disease. When it is removed, he speaks out the truth.

Very good indeed in the hands of C.B.I., income-tax and sales-tax officers. No need for raids and hour-long interrogation. Dissolve a few pills of the remedy Chestnutbud into water and give it to the suspect; very soon it will be a total voluntary disclosure. “Voluntary disclosure schemes” are out of terminology with Chestnutbud.

For any average Indian, the moment his income exceeds the ceiling, the first thing he would think is how to evade tax. Nobody maintains correct account of income; what they show to income-tax dept is false—say about one-third to one-sixth of their actual income.

All these evaders must take Chestnutbud. Most readers would retort, “Oh, No! I have to lose several thousands or lakhs!”

But, dear sir, our Bach Remedies do not make you poor!

You do spend hours or days for hiding your income. By taking Chestnutbud you would use that mind in a constructive way and put it to right use in your business and soon that would mean several-fold increase of your income. Chestnutbud does not merely make you lose the amount (which you would have otherwise concealed from income-tax dept.) Time and man-hour spent on hiding your income would now be put to right use in your business (with the help of Chestnutbud) and your income will multiply and what you pay as income-tax would become negligible.

ESCAPIST MENTALITY! Marking time and shirking responsibility. That is what is said about persons in government offices who do not want to work. When a big statement is given to the typist, he would cut the draw cord or loosen some screws in the typewriter and would offer lame excuse that the machine has gone out of order.

When leave is not given to the car-driver, he cuts off some electric wire and would say “car repair” and it must be sent to the workshop for repair.

In case of theft in your house if you suspect one of your servants, give him water mixed with Chestnutbud and he would soon come out with the truth. No need for interrogation, police or third-degree manners.

Chestnutbud is not a ‘truth finder’. It simply and only removes the negative aspect of the mind “escapist mentality.” Therefore, lock-up deaths, court etc., go out of terminology and the poor newspaper men would have no work to do.

To the convicts, upon completion of their term of punishment, when released from prisons, as a rehabilitation measure give them daily 1-2 doses of **Chestnutbud**. Will it remove their thieving mentality? No one has so far given the correct solution for the culprits as rehabilitation method. These so-called convicts had been sent on earth to learn a particular unique subject (distinct and different from all others, who, like herds of animals are studying commerce, computer, literature etc. etc.) Because he could not find the teacher to teach him that unique subject or trade, his mind gets diverted to the readily available burglary, pick pocketing etc.

As a rehabilitation measure, we may give all these convicts the Bach remedy **Chestnutbud** and we would be surprised how they learn a hitherto unknown unique trade/subject/profession and become No. 1 in that and would really be earning in a very decent manner more than the judge or police superintendent who had sent him to jail.

ESCAPIST MENTALITY: When pressed with difficulties and problems in the family the father or mother may

say, “I feel as if I should run away somewhere.” Chestnutbud will help him to face and solve the problem.

The boy who has failed in his tenth standard ‘runs away’ from home. He needs Chestnutbud.

A boy and girl loving each other; both their parents refuse to their marriage. The couple decide elopement. Chestnutbud is needed for them.

Chestnutbud is for those who try to escape from their “responsibilities.”

What is the positive aspect of Chestnutbud?

Negative type says “I feel as if I should run away somewhere...”

But where? Yes, you should run to the master, a good teacher. Chestnutbud helps you learn lessons quickly. But, more than that, it makes you run to the right teacher too—whatever may be your subject, including spiritualism. Also with Chestnutbud you learn a subject without mistakes.

What the reader has so far studied is only an introduction. Let us now make an in-depth study of the subject exactly and accurately.

Each of the thirty-eight remedies have their own unique features that help us to select it. The description of various remedies are not made on any ‘theory’ or ‘principle’ but it exists from time immemorial. In other words, this system is already known to all of us.

For example, let us examine the following words, which most of the readers would have heard at one time or other from the mouth of some persons.

- (A) “Even my enemy should not get this type of suffering (which I am having now.)”—This is ‘mental anguish’
- (B) “No one on earth should get this type of suffering (which I have now.)”

Statement (A) points to the Bach remedy Sweet Chestnut. The complaint of the sufferer may be headache or lumbago or any other. Sweet Chestnut would cure him.

Statement (B) points to another Bach remedy *Rock Rose*.—‘extreme bodily suffering of body or torture’.

In other words we say that in this system the patient indicates the remedy to us.

- (C) “I am now paying (in the form of throat cancer) for my past sins.” This person needs the Bach remedy Pine.—‘self-contempt or guilt feeling’.

Doctors of all other medical systems would only ignore the above words (which are spontaneously told). But we take these and these alone for selecting the Bach remedy.

On one hand each sufferer talks or reacts in a unique way. On the other, we have a corresponding flower to cure him (whatever may be his disease or pathology). Nature constantly works toward perfection.

In some remedies it is the body language or type or nature of complaint that indicates the remedy.

For example the remedy White Chestnut is useful for the following complaints.

- (a) complaints that disturbs your routine.
- (b) complaints that do not allow you to sleep (say pain in abdomen); or wakes you from sleep (cough) or complaints on waking (headache).

- (c) sudden stoppage (torpor) of daily routine such as ‘constipation with no urging’ for days. (For ‘ineffectual urging’ or incomplete evaluation the Bach remedy is *Scleranthus*)
- (d) persons who have not recovered from the effects of some disease or injuries and patient declared ‘clinically all right’—disability of joints after accident where ortho and neuro declares him to be clinically all right but he is not able to move the joint freely.
- (e) delusions, illusions, hallucinations.
- (f) nervous excitement. The so-called examination funk. Due to nervous excitement (not fear) the question paper becomes blank in the exam hall.
- (g) same unwanted thoughts occurring again and again etc., etc.

Persons needing the Bach remedy Agrimony often cracks jokes.

Those who often tells proverbs are Beech-type.

Persons requiring the Bach remedy Wild Rose teases others quite often.

The reader can go to a buffet dinner party, stand aside and watch how each one is choosing his food.

- (A) Persons of Hornbeam-type first collects all cashew nuts/badam spread on sweets or floating in Kheer (payasam). He has the mania for vim, vigour vitality. Strength, Nutrition.

- (B) Cherry Plum type persons take only those items that makes his mouth water (Delicacies)
- (C) For Chicory-type persons quantity is the criteria. He will try to gulp down more and more. Also, he would pack some items and take home! (greedy, miser).

In the next pages, we will study elaborately two remedies *viz.*, Willow and Gentian.

WILLOW

Blames others for his own faults/mistakes.

“Don’t cut my throat.” “All fellows are disturbing me.”

For the *Willow* type person, excepting himself, all others are dishonest and disturbing him.

In the clinic, we can easily spot *Willow* types.

“Doctor, you have been treating me for this l.o.n..g period of o.n..e year and taken three thousand rupees; but no relief is visible.” He blames the doctor, whereas, in fact, the present doctor had given him more than 75% relief compared to zero result obtained by him with two years’ treatment that too after having spent twenty-five thousands.

In another case, a rectal cancer patient (condemned to death in five months time) was completely cured by me in three months time and had been living even after six months. I had charged him just five thousand rupees for three months treatment, whereas he had spent more than a lakh on previous treatment with nil result and condemned to death! During his visit, instead of gratitude, he retorts: “Doctor, you say you have cured me; look at this eczema. It is still there.” Compared to the eczema (which he had been having for years) cure of cancer is a very good thing, but, being a *Willow* type, he would never refer to that.

He holds on something or someone to make complaints. He can never be satisfied or made happy.

Bitterness for others. Full of rancour.

“Don’t trouble me,” “Don’t disturb me,” “Don’t kill me” are the words quite often told by persons needing this remedy.

Even in ordinary talk he will attribute his failures and sufferings to others' faults.

“All fellows are troublesome.” “No one is doing his duty.”

While putting on his shirt he does so inside out, and instead of realising his mistake, blames the tailor or the textile industry that manufactured the cloth.

‘Appreciation,’ ‘approval of good work’ etc., are not in his vocabulary.

He will travel in the train without buying a ticket. But will not hesitate to condemn railway officials for inadequate services! He even calls them as thieves.

He tries to repair the electric fan himself without any knowledge of its mechanism. He tinkers with it and unable to repair it, blames the manufacturer for making a fan with such a complicated mechanism. He does not accept his silliness of having meddled with it.

In illness, he blames the doctor for not giving quick relief or for charging more. He resents the doctor by telling “He only knows to take huge fees.”

Always complaining about and against others. For the *Willow* type person, all things and persons (excepting himself) are wrong.

A beginner in Bach remedies (who is a *Willow* type) blames the drug store from where he bought the medicine for supplying sub-standard medicine whereas the fault really lies in his wrong selection of remedies for himself/others.

The *Willow*-type father or mother feels that his/her children are born to trouble them and so scolds them. (Natural love is absent.) [Wild Rose type persons feel that children are a ‘burden.’]

“How much more service you want me to do for the small amount you pay me.”

A shop-keeper always sells goods at a rate higher than that other shops in the town. This may be due to (i) either a desire for more money—*Chicory*-mentality, or (ii) he is a *Willow* type who would say, “When people are minting money in various business, the profit earned by me is much less.”

A *Willow* type person is never happy, never smiles. ‘Dissatisfaction,’ ‘contempt for others’ are his characteristics. Even if you pay him more than what you give to others in his cadre, he still feels he is given less than what is due to him. “I am suffering because of others’ fault.”

He may injure himself by tumbling on account of his carelessness or suffer a loss in business owing to his own lack of prudence. But he would blame someone else for this. [Another Bach Remedy *Holly* is for hatred, jealousy etc.]

“Aversion to food, aversion to wife, and family members.” (For indifference to family members, the Bach remedy is *Wild Rose*.)

Look at the man who starts disliking his wife. He *blames* his parents for selecting such an ugly, useless or unsuitable girl (though he himself had selected the girl). *Willow* would help him love his wife by removing the contempt from his mind.

(If, from the very beginning, he hates her just because she is not beautiful, then *Beech* is the remedy which will make him tolerant of her appearances, and appreciate the good qualities in her. After all, each and every girl is to be married.)

Another Bach remedy *Beech* compared with *Willow*: Both remedy-type persons condemn others. While *Beech*-type stops with ‘criticising’ others, the *Willow* type resents others’ success

for his failures. *Beech*-type criticise others' fault but not in comparison with himself. *Willow*-type feels that compared to others, he is ill-placed in life.

Willow should not be confounded with *Holly*, *Gentian* and *Beech* remedies.

Holly-type is jealous of others' success and it is causeless. *Willow* resents others' success in comparison to himself as he is not happy or comfortable in life. *Gentian*-type is depressed and has no reference to others. *Beech*-type persons criticises others' fault and has no reference to himself.

Another Bach remedy called *Pine* blames himself even if the fault is really on others.

Some remedies with opposite indications are given in the following table:

Willow (Blames others for his faults)	x	Pine (Blames himself even for others' faults)
Vine (Dominates others)	x	Centaury (Allows himself to be dominated by others— submissive, meek, polite.)
Agrimony (does not talk of his sufferings/problems with others, even when asked to do so)	x	Heather (Even if the other person does not like, he wants to talk with him about his disease, problems in life)
Clematis (Future) (Day dreaming)	x	Honeysuckle (Past) (Regret)
Gorse (Hopeless even in things that are easily possible)	x	Oak (Hopeful of the impossible)

Quarrels between husband and wife are usually because of one blaming the other. *Willow* will make them happy. *Chicory* too is beneficial, especially when the couple become selfish and quarrel over their individual rights.

“Fellows with not even a degree are earning huge sums. But I, with a doctoral degree, am unable to get a decent job. What a society!” But he won’t be willing to look at persons with equal or even more qualifications than him drawing a lesser salary.

It is really a difficult task to manage a *Willow* type of person when he is ill. He will not be satisfied with any amount of care

and attention that you give. *Willow* is the only answer. Without it, you cannot manage him.

A child suddenly cries continuously in the night. It may have colic or earache; instead of sympathising and trying to find out the cause the *Willow* type mother scolds it for disturbing her sleep: “You devil, you have been born to torment me.”

In most of the road accidents in India, drivers of both the vehicles involved in the accident, would only blame each other and won't admit their fault. Both need *Willow*.

Willow-type persons get irritated and scolds unreasonably, when it is not warranted. “This milkman every morning comes to disturb my sleep.” Actually milkman is doing his duty and it is nothing to blame.

Again, the negative *Willow* type person blames the postman who brings money order which is an occasion for happiness or contentment and not harmful in any way. “I cannot rest for a while. This postman always disturbs me in the afternoon.”

In the case of a *Willow*-type pensioner (who has to go to the bank on the first of every month to draw his pension amount) thinks it a nuisance and says, “See, every month on first I have to go to the bank all the way to get this one thousand rupees.”

What he gets from others (even a thousand rupees) is small. What he gives others (even five rupees) is very big!

He is not (and can never be) satisfied with whatever salary he gets and whatever free help/assistance others give him.

In the shop, he is not pleased even when the shop-keeper gives him 95 or 100% discount. Because our *Willow*-type (though he gets free of cost) has to carry it home!

GENTIAN is the name of the next Bach Remedy.

Key-words: Depression at setbacks; expects failures/disappointment.

This type person easily gets discouraged even at slight setbacks and disappointments; it may be that a friend has not turned up at the appointed hour though the visit may be a casual one.

For *Gentian* type persons getting depression there is a cause, though it may be trivial.

Another characteristic of *Gentian* type is a tendency to sigh.

He goes to book a berth in train and finds a few persons in the queue. He has to wait in the queue for his turn. He feels depressed for this, though the length of that queue is small compared to the regular rush on other days. He can never be happy. When his turn comes and asks for a ticket handing over a five hundred rupee, the booking clerk at the counter tells him he has no change; our *Gentian* type feels depressed and sighs.

He catches hold of something or other over which he can grieve.

His child falls ill; it may be a minor ailment, only a cold, which is commoner in children. Instead of giving some medicine or taking the child to the doctor, he feels disheartened and sighs.

He begins to write a letter. The pen goes dry. Instead of filling ink into the pen, he gets depressed which is not warranted because ink is available in his house and he has to merely fill it, which is a routine thing. But he reacts, “Whenever I take the pen, it will not write.”

They are hard to please or satisfy. They are never pleased or happy with anything and are prone to grumbling. They become sad for petty reasons; the train arrives late by ten minutes; they are sad, though it is common in that part every day. For a *Gentian* type person a smallest trivial incident is enough to make them go into a bout of depression. Slight setbacks and disappointments easily affects them out of proportion; they get discouraged easily and catch hold on some matter or the other to grieve about.

However hard you may try, it is not possible to make them happy or smile. Let us see how a person through his body language shows that he needs *Gentian*. The following diagram would help us.



Look at the pictures above, particularly the lips and mouth. Picture A shows a smiling and happy face. If you make the picture slide upside down, you get picture B which denotes sadness and depression. This is the expression on the face of *Gentian* type.

You can do nothing to please him or bring smile on his face.
He is borne to grieve!

Let us now see another *Gentian* type person. He asks for a loan of one thousand rupees from his neighbour, telling that it is required in two days time. Next evening the neighbour gives him the amount. Instead of being satisfied for having got the amount he grieves, “Why should he make me wait for two days for this? He could have given yesterday itself.”

Suppose the neighbour had given the money on the same day, say in the form of ten-rupee notes, the *Gentian* type person

remarks, “Who will count and carry all these. He could have given me in hundred or five-hundred rupee notes.

Had the neighbour given in five-hundreds, the reaction of our *Gentian*-type would be, “I have to go somewhere and get change. He could have given me in hundreds.”

Let us see the words used by a *Gentian*-type person in day-to-day life. In a bus stop, waiting for a long time for his bus, he reacts sadly, “Apart from the bus I want, all other buses seem to come”.

Nothing can please him. There is always an aura of sadness on his face; you can never see him smiling; they are sadness incarnate; when a small problem crops up, they become sad. If at all they smile it is a dejected smile only.

He expects and anticipates failures and disappointment only. Nothing goes right for him.

Let us now see hair-line difference between *Gentian* and certain other medicines.

Gentian anticipates failures and he has no reference to others but to himself.

Gorse is a matter of hopeless in others/medicines etc.

Larch has no self-confidence and so does not even try new things.

Willow type blames others bitterly.

Pine is full of self-contempt and guilt-complex.

Honeysuckle is full of regrets over lost opportunities.

These types are never happy.

The difference is that *Oak*-type persons keep on doing things that is far above their capacity or capabilities. E.g., trying to repair the watch by himself without tools and without any knowledge of watch mechanism. Or, learning new language with the help of a dictionary alone.

Gentian type person feels disheartened even at trivial setbacks, such as, feeling depressed when the pen goes dry on beginning to write a letter. Instead of filling ink into the pen, he abandons the very idea of writing the letter! They avoid perseverance assuring that nothing will go right for them. When *Gentian* is taken by them, they become positive and work towards their goal without getting disheartened.

The negative type of untiring perseverance that is found in *Oak* remedy is not the positive type of *Gentian*.

Gentian and Mustard compared: For depression at slight setbacks *Gentian* is to be given. In the case of persons needing *Mustard*, they feel depressed without any cause, and after some hours or so, it disappears of its own-causeless. Again, the depression is extreme, as if a black cloud has descended on him.

Mimulus fear is ordinary. In *Rock Rose* the fear is extreme (otherwise called terror or panic.) So also, *Gentian* sadness is ordinary and there is a cause. In the remedy *Mustard* the depression is extreme and it is causeless. Gloom is the correct word to denote extreme depression found in persons requiring *Mustard*.

You have so far read the introduction to Bach Remedies. To learn more, you may read our six books on Bach remedies. For this you may send Rs.1,000=00 to Dr. V. Krishnaamurthy, C-4/4, Silver Park Apts., 36, Thanikachalam Road, T. Nagar, Chennai - 600 017. For one complete set of all the 39 Bach Remedies (each 10ml pack of 300 pills) you may send Rs.3,000=00.

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Almost instant cure in medical emergencies arising from traumatic causes where life is in danger—serious accidents, burns & scalds, poisons and electric shock (excepting, of course, fractures)

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- Stop bleeding however long or deep the cut may be and without need for a bandage.
- If unconscious, the victim regains conscience and walks home as if nothing has happened.

- Poisons are neutralised.
- This treatment not only acts as mere first aid, but in most cases, completely cures so that no other treatment is required (excepting, of course, fractures.)
- Reduce your increased eye power in thirty days.
- Retard old age and reduce old age diseases / infirmities

Note: Before deciding to attend our course you may try the points on the following pages to convince yourself about the effects and efficacy of our 3-day course.

If you learn acupressure elsewhere, in those methods you have to give treatment daily for 20-30 minutes and this continued for 2-3 weeks, with partial or little relief, that too not being permanent.

But, in the method taught by us, it is TOTAL AND PERMANENT CURE IN JUST THREE MINUTES OF TREATMENT AND GIVEN ONLY ONCE AND FOR ONE DAY!

Nature can be imitated.

What we do in Chinese Acupressure (as taught in our 2-day Personal Course) is not teaching anatomy, physiology or even any 'theory', 'principles and practice' of Medicine etc., but we just teach you to simply imitate nature.

The method of Acupressure taught by us was discovered by seven consecutive generations of ancient china. One generation started wondering as to how, in the absence of veterinary doctors sitting in every corner of the forests, animals get their diseases cured.

The following generation of Chinese people continued the work. They started observing animals and found that each animal was prone to get a particular disease only, because each animal eats particular item of food and live in certain climates/

seasons/places only. On the other hand, man lives in all places, climates etc., and he eats all kinds of food; that is why he gets all conceivable diseases.

The third generation was curious to find out how each animal (when it gets a particular disease) got cure. The fourth generation started observing carefully and with an unprejudiced mind, the behaviour etc., of various animals whenever they fell sick. Each animal, when sick, would go to a lonely place and start pressing one particular spot on the surface of its body against a sharp end of a rock or a broken branch of a tree, and remain in that posture for three minutes. It was immediately freed of its disease. Various animals, each one prone to get a particular disease, would press a different place on its body and got relief. The last generation started imitating animals. When a man got diarrhoea, they started pressing the place on his body for three minutes (the very same corresponding place where the animal that was prone to get diarrhoea would press when sick) and he got almost instantaneous and permanent cure, that too without side-effects. Thus, for various points for many diseases were copied by men from animals.

Thus, we do not teach so-called anatomy, pathology, diagnosis, microbiology etc., in our 3-day personal course, but simply and only to imitate nature.

After attending our 3-day course in acupressure (no needles & no drugs) our students are curing the following completely and permanently with 3-minute treatment, given once only:

- (i) migraine/headache, lumbago, sciatica, chronic back pain
- (ii) allergy/asthma (excluding cardiac asthma) - All types of Addictions-alcohol, drugs, tobacco etc.
- (iii) sinusitis
- (iv) disability of joints after accidents that are not relieved by

- ortho & neuro consultations and physiotherapy of no avail
- (v) after accidents, bleeding stopped in just a minute, however long or deep the cut may be, and without any bandage;
 - (vi) acute diarrhoea, constipation, vomiting, pain etc.
 - (vii) fears, tension, anxiety, restlessness, phobias, insomnia
 - (viii) poison-bites & poisons
 - (ix) pain/discomfort/disability of parts remaining long after accident/mental shock where patient is declared “clinically alright.”—amnesia, nervous aphonia etc.

Before deciding to attend our course, to get yourself convinced, you may first try the methods in the following pages.

A note between acupressure (as taught by us) and Acupuncture: In Acupuncture as taught by Doctors in India, in most cases they have to give treatment daily for two weeks but the cure is not permanent. Moreover, in many medical emergencies and chronic diseases Acupuncture has no treatment. But, in the method taught by us, it is treatment for three minutes and for one day only and the results in majority of cases are *permanent*.

1. The bottom end of a pen or pencil is used for giving treatment.
2. You need not worry about the exactness of the point (on the body of the patient) where you have to give pressure; they are easy to remember. *We have selected only such points that lie in the middle or centre of a part of the body.* Again, when the point is shown in the pictures, you need not take meticulous care to press *exactly* at that point. Because each point is an area, the size of a twenty-five paise coin (and not that of a pin-head). *Thus, when you press approximately on the centre, there won't be*

any chance of your giving pressure away from the diffused area. Pressure anywhere in the diffused area gives same results.

3. **Duration:** Treatment is not to be given for less than two minutes and not more than four minutes. Thus, if you keep the duration of treatment for three minutes, there won't be any chance of your exceeding four minutes or giving treatment for a period of less than two minutes.
4. Treatment is not to be given
 - (i) to children below five years;
 - (ii) to people with serious heart complaints;
 - (iii) to bedridden and debilitated patients; patients with serious or contagious skin diseases.
 - (iv) after taking a full meals and to ladies after third month of pregnancy. (For medical emergencies this restriction does not apply.)
5. **IMPORTANT:** During the entire period of 3-minute treatment you should concentrate on the object to be attained. You must think that the patient is going to get relief; or (in bleeding) the bleeding is going to stop in a minute or two; or, that migraine is going to be cured completely. Thus, while giving pressure you should not think about your problems and difficulties of yesterday or tomorrow, but *just think in terms of the patient getting relief* with the acupressure treatment given by you.
6. **Two types of pressure** are used in this method:

One is **HARD PRESSURE:** Placing the bottom of a ball pen or pencil *vertical to the surface of the skin*, press

firmly *as hard as you can* for three minutes only.

The other is LIGHT PRESSURE: The amount of pressure to be given is that used by you to mix some herbal powder with honey.

Press gently and while doing so, make a rotary movement without losing the grip of the skin of the patient, as if you are digging in that point or massaging. The finger movement should not be visible to others.

7. HOW MANY DAYS? Normally one single treatment for three minutes completely cures the patient, irrespective of the duration of suffering. Whether the patient is having the disease for a few weeks or for years, it does not matter. After giving treatment for three minutes, wait for a day; if that 3-minute treatment does not give complete cure, or if the complaint relapses after a day or two, you may repeat the treatment for the next two days, daily once, but such cases are very rare. We teach you mostly single-dose-cure methods or cure of patient in the shortest possible time.

Treatment of Medical Emergencies

In accidents, bleeding and cuts, though this acupressure may be used as a first aid, the experience of our former students is that in most cases it is complete cure and no other treatment/medicine is required.

- (a) To stop bleeding;
- (b) To remove the effects of shock (mental/physical);
- (c) to calm the patient who is having *fear, anxiety*, and/or is *restless*;

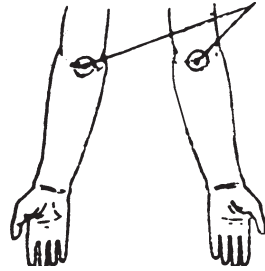
(a) TO STOP HAEMORRHAGE (BLEEDING):

Whether the bleeding is from a cut after an accident, or due to some internal disease

(e.g., bleeding from nose, vomiting of blood, excess menstrual bleeding.):

Place the bottom end of a ball-pen on the middle of the elbow fold as shown in the picture above, and press as hard as you can (hand pressure).

"HAEMORRHAGE" point

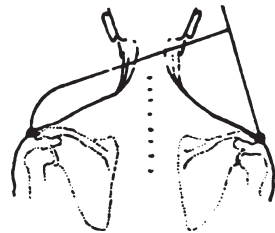


Within three minutes you will find that the bleeding (wherever it may be) stops, *however long or deep the cut may be* (in case of accidents) and *without any need to put up a bandage*. After the bleeding stops completely, you may send the patient to a doctor or nurse for a suture, if necessary. But the experience of our students (Christian missionary sisters working in the interior village) is different. After stopping the bleeding, they dissolve ten pills of the Bach Remedy *Rescue Remedy* in little water, soak cotton in it and apply it on the cut and put up a bandage. Next morning the wound heals without leaving a scar!

Note: From whatever part of the body the bleeding may occur, we have to treat (to stop bleeding) on the middle of the elbow fold, either left or right elbow.

"SHOCK" point

(b) SHOCK: Removing the effects of shock is very simple. The acupressure point for shock is SHOULDER TIP. (If you are wearing a shirt with correct measurement it is easy to locate the point. There is a stitch connecting the sleeves with the shirt at the shoulder joint. Another stitch from the side of the neck runs to the edge or *tip of the shoulder*. The point where these two stitches meet is the "shock" point.) **This is also called "Energy Point."**



Using a ball-pen press as hard as you can, on the shoulder tip.

Around the year 1985 Sr. Irene Chiramel, a Christian missionary sister, (then working in St. Joseph's convent in Cheyyoor village in Chingleput District in South India) was attending the annual function of a church in Pondicherry. (Earlier to this she had attended our 3-day personal course in Acupressure.) In the evening after the function was over little boys were pulling down the decoration papers when accidentally a boy came in contact with a live electric wire and was thrown away. Two M.B.B.S. doctors attending the function examined the boy and declared him dead. Every one was asked to assemble to pray for the departed soul. On hearing this Sr. Chiramel rushed to the boy, gave hard pressure for three minutes on 'shock' point and 'collapse' point, for three minutes each. Moments later the boy opened his eyes and started moving about!

Explanatory Note: There is no “energy” in our body as such, according to Chinese medical philosophy. We are receiving energy *constantly and continuously* from the cosmos (universal energy) and it enters the body through the shoulder tip. Mental or physical shock cuts off the invisible wire that connects our body with the cosmos. In electricity, suppose the fuse goes off, the rotating ceiling fan stops and the light goes off. What do we do at this time? We just replace the fuse wire. By giving three minutes pressure on the shoulder tip we only *restore* the connection between our body and the cosmos.

When the fuse wire is replaced, the fan again starts rotating and the bulb starts glowing. Whether the fuse went off just then or four days ago, we replace the fuse wire once only.

Let us now see what the effects of shock are, be it mental or physical:

In a serious accident, or emotional shock (bad news such as the death of loved one etc.) the following are a few examples of what follows:

Amnesia and/or aphasia. Loss of memory of past events or words (for a particular period in the past,) e.g. cannot remember anything that had happened for six years preceding the time of shock. Or, loss of speech; loss of function of a particular part of the body. e.g., after electric shock the whole right limb paralysed; mental derangement after shock.

The effects of shock are nothing but loss of function (complete cessation of activity) of a particular part of body or faculty of mind. When the fuse wire is replaced the ceiling fan starts rotating again; so also, by giving treatment for shock (three minutes hard pressure on shoulder tip) the connection is restored and so the affected part starts functioning or the lost mental faculty is restored. Effects of shock can be compared with the complete cessation of function of electrical appliances in a particular section of a factory (because fuse has gone off covering that section). Since the results of shock create similar effects only, there is every justification when Chinese medical philosophy tells that shock cuts off the connection between our human body and cosmos. This is confirmed by the fact that the effects of shock are completely cured by giving 3-minute treatment on shoulder tip (hard pressure.)

EXPLANATORY NOTES on other uses of “SHOCK” point

Definition: Shock and collapse both imply a state of prostration, but shock is sometimes regarded as indicating a

swift and abrupt onset; collapse means a failure to withstand inimical circumstances of some duration. There is no use to make such a distinction because the prostration in both cases is of a uniform character. In this para, both shock and collapse will be regarded as synonymous.

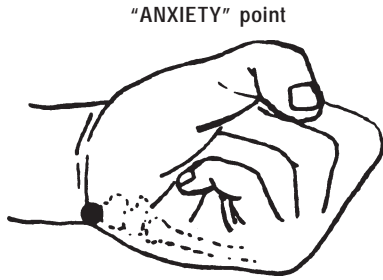
Sudden state of prostration can be induced by several different causes.

War wounds, civil accidents, severe burns, prolonged surgical operations, and diseases characterized by severe vomiting and diarrhoea are conditions where shock is most vividly associated.

“We do come across persons who, after an accident, are suffering from pain or some discomfort for several months or even years though they had consulted ortho doctors; no drugs seem to help them. For example, a lady fell down from a fast moving bullock-cart in a village and received injury on breast and shoulder; since then she had constant pain. Doctors could not give her permanent relief. Treatment for just three minutes (hard pressure) on the shoulder-tip (right or left) gave her total and permanent relief.

Dr. Mouli Abdul, homoeopath from Nagapattinam reports “Dear Dr. Krishnamurthy, I had under my care about ten patients who had been suffering from pain or other discomfort after they met with an accident a few months or years ago. With my medicines I could give them partial/temporary relief. After I learnt acupressure in your one day personal course, I treated all these patients (by giving hard pressure for three minutes only) on one side of shoulder tip. Nine of these patients reported complete and permanent cure. Thank you for this wonderful acupressure.”

(c) Now we have to calm down the patient who is **RESTLESS, ANXIOUS** and has **FEAR**—may be after an accident, or burns or poison-bite or during the course of any disease. This again is easy to remember. This is called “**ANXIETY**” point.



Location: Along the most distal crease of the wrist, on the ulnar side, medial to the tendon.

According to Chinese medical philosophy, vital or *chi* fluid (invisible energy flow) constantly circulates throughout the body. When it gets partly blocked in a part of the body, we find over-activity of that part. By giving pressure on the “*ANXIETY*” point we simply disburse the excess accumulated energy from the head or brain. Not only ‘fear-anxiety-restlessness’, but also mental tension and worry. (For insomnia this is an excellent point to treat.)

Using the bottom of a ball-pen press hard on “*ANXIETY*” point for three minutes thinking in your mind that the patient is going to calm down as the excess energy accumulated is going to be sent out from the head.

You call it nervousness at interview or examination fear or fear of boss at the office. Just 3-minute treatment (hard pressure) on “Anxiety Point” gives wonderful relief. Dr. Ahmed from Lucknow reports: “Dear Dr. Krishnamurthy, Thank you for your 2-day course. Your *Anxiety Point* is wonderful. For those who are arrogant, proud, haughty, short-tempered, irritable, violent, inhuman etc. I give 3-minute treatment and they are permanently cured with one single treatment.

We should give treatment on this point for people like Saddam Hussain and arrogant fellows.

Whenever any arrogant local rowdy comes to me for treatment (or where any patient is anxious, excited or restless/irritable) I invariably treat on this point and their arrogance comes to an end once for all, much to my surprise as well as to the surprise of local citizens.

In insane patients in mental hospitals who are chained or kept inside the cage because of their violent behaviour in beating others or throwing things, I gave treatment to some selected cases and they are now cured and are back at home. These who are constantly nervous, excited, peevish, quarrelsome, disputative, argumentative etc. this point is a boon indeed. After treatment on *Anxiety Point* they have become sensible.

For “under active persons” (dull, stupid, lazy, lethargic, indifferent, low *i. q.*, stupid and idiotic) see our *Complete Guide to Acupressure Treatment*.

We have so far seen as to how

- (i) to stop bleeding;
- (ii) to remove the effects of mental/physical shock; and
- (iii) to cure anxiety, fear, restlessness etc. (to calm down the patient);

Some Explanatory Notes on the above:

The point at shoulder tip (SHOCK point) is a multi-purpose point. We have already called it as “Energy” point.

- (1) In between our office work, most of us take a cup of coffee or tea; some smoke a cigarette. These are not food *per se* but are taken to pep up the system—to get

some instant energy. Though these activate our nervous system, in the longer run they only weaken the nerves.

In these circumstances, if you give 3-minute hard pressure on shoulder-tip, it will have the same effect of coffee/tea or tobacco smoke minus, of course, the after-effects of these stimulants. (The equivalent Bach Remedy for this state is *Walnut and Olive*).

(2) For ordinary weakness after acute illness (typhoid, jaundice etc. these are called debilitating diseases) and in case of convalescent period (where the patient has to take rest coupled with nutritious food) this point on shoulder tip has worked wonders. ‘Convalescent period’ is out of question with acupressure treatment on this point. (The equivalent Bach Remedy for this condition is *Centaury*.)

OTHER USES OF “ANXIETY” POINT (for Fear-Anxiety-Restlessness)

The point “ANXIETY” is to be used not only to calm down the victim of accidents and poison-bites who may be restless. In most cases of serious accidents, snake-bite, scorpion-sting, burns, the patient may have restlessness and so we have explained the use of this point under “medical emergencies.”

This point is most useful also for treating patients who are arrogant, haughty, proud, always scolding others, haughty father beating or threatening children, restlessness, worry, anxiety—any mental state that makes the patient restless in mind and body.

Take, for example, interview or examination fear; hard pressure for 3-minute on this point will do the trick; it calms down the patient by removing excess anxiety and restlessness.

According to Chinese medical philosophy an invisible fluid-like substance called *chi* circulates throughout the body evenly distributing the energy to different parts, giving to each part or organ the required amount of energy on different occasions. (This can be compared to blood circulation in modern physiology, carrying oxygen and nutrition to different parts). Suppose the circulating energy force gets blocked in a place due to some reason or other, the excess-accumulated energy make that part over-active. In head or brain it causes restlessness. By giving hard pressure for 3-minutes on the “ANXIETY” point we simply disperse the excess accumulated energy. Nothing more and nothing less. Thus, the patient calms down.

Therefore, whenever you treat this point, you must tell yourself mentally that the excess energy blocked or accumulated in brain is being dispersed and thus the patient is going to calm down.

At the present day, much is talked about “tension.” Lot of books are published and counselling are going on, as to how to reduce tension.

No need to go for counselling or read hundreds of pages. Just press on “ANXIETY” point for three minutes and tension would be a thing of the past.

The foremost evils of our society are *not* poverty, drug-trafficking, naxalites, mafia group, etc. The real and fundamental evils are jealousy, suspicion, anger and arrogance.

All these evils can be eradicated with acupressure treatment on (ANXIETY) point.

Cases treated:

Mr. S., sixty years, was always suspicious of his wife. When she goes out and come home after some hours, he will pretend to hurriedly go to certain places, and engage the auto-rickshaw in which she had returned; he will make discreet inquiries with the auto driver as to wherefrom she came. Then on coming home, he will ask his wife where all she went and suppose her answer is different from the autorickshaw driver's he will take her to task. Under the pretext of seeing palmistry for him, hard pressure was given for 3-minutes and his over suspicious nature diminished.

Mr. R., Branch Manager was restless because the ticket has not arrived for the next morning flight. Hard pressure was given on "ANXIETY" point and he soon calmed down, and realised that the ticket was to be delivered at his residence that evening.

For short-tempered persons, for anger, irritability of mind etc. this point is quite useful.

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